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Atlantic Insight is published 12 times a year by Insight Publishing Limited, 1668 Barrington St., Halifax, N.S. B3J 2A2. Second Class Mail Registration No. 4683, ISSN 0708-5400, Indexed in Canadian Periodical Index, SUBSCRIPTION PRICES: Canada, 1 year, \$22; 2 years, \$38; U.S.A., Territories and Possessions, 1 year, \$35; Overseas, 1 year, \$45. Contents copyright © 1988 by Insight Publishing Limited may not be reprinted without permission. PRINTED IN CANADA. Insight Publishing Limited assumes no responsibility for unsolicited manuscripts and other materials and will not return these unless accompanied by stamped, self-addressed envelopes.

JULY 1988

Vol. 10 No. 7

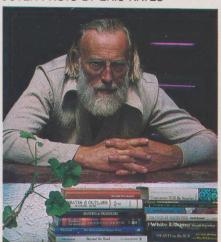


COVER STORY

The second annual Atlantic Insight recipe contest provided a weekend of fun, new friendships, and many delectable dishes in an Atlantic Canadian tradition. We're sharing the adventures and the recipes.

PAGE 19

COVER PHOTO BY ERIC HAYES



THE ARTS

Harold Horwood, the prolific Newfoundland author who now lives in Nova Scotia, writes against the mainstream and continues to surprise both critics and friends. PAGE 13

BUSINESS

Winterwood health food store is a business with a difference: one that succeeded because its owners were committed simply to "keeping it open."

PAGE 37



FOOD

This special Summer Cooking issue includes both stories and recipes: Newfoundland scallops, P.E.I. restaurants, herbs, ice cream and more. **PAGE 27**

DEPARTMENTS

Publisher's Letter 3
Feedback 5
Prince Edward Island 7
Nova Scotia 8
Newfoundland 9
New Brunswick 12
Harry Bruce 16
Ralph Surette 38
Folks 42
Ray Guy 44







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PUBLISHER'S LETTER

Memories of summer '88

his is a summer many Canadians will remember fondly. The country is in the middle of a boom, the longest-running upswing in the economy in years. The Bank of Canada is keeping our interest rates high to prevent the economy from overheating. There are jobs for anyone who wants one. Many people's incomes are improving, and inflation is under control.

Does this sound a little too good to be true? It is for most people in Atlantic Canada - but we represent only a fraction of the whole country. It would sound too good to be true in western Canada also, where drought threatens the traditional export-oriented agriculture economy and where forestry and mining have still not recovered from the severe

recession of the early '80s.

But there is one place in Canada where most people see this as very good times, and that is southern Ontario. In and around Toronto these days, there is an amazing boom on. It's being felt more dramatically in the real estate market than anywhere, and people are using up more and more of their cash to pay inflated prices for houses and every other form of property. Ordinary Torontonians are paying \$200,000 and \$300,000 and \$400,000 for ordinary houses that would sell for a third of those prices in saner parts of the country.

And there really are jobs galore. All kinds of restaurants and stores have plaintive help-wanted signs in their windows. Courier companies have placards advertising for drivers full-time or part-time on their trucks. Small companies simply can't find people to fill job vacancies.

The prosperity, the growth and the wealth of Toronto is startling to anyone arriving there from other parts of the country, though the people who live there seem to take it for granted. Indeed often Torontonians are genuinely surprised to hear that things aren't just as prosperous for the rest of Canada. Still, within the city there are shocking contrasts between the people who are enjoying prosperity and wealth and those who are caught by unaffordable housing, overcrowded public facilities, and underfunded social services

It would be better for the whole country if growth and development were more equally shared. Boom times are exciting while they last, but the aftermath can be tremendously disruptive.

Still, there are ways that Toronto's good fortune can be good news for the rest of the country. Provincial treasurers

this year had the pleasant news that the strength of Ontario's economy is so great that the federal system of equalization payments is kicking out larger than expected payments to the so-called havenot provinces (meaning all provinces but Ontario, these days).

And the problems businesses face in trying to expand in southern Ontario leads many people to be ready to think of locating their new plants and activities elsewhere in the country. While many people in Toronto are confidently counting the huge paper profits they are making when their houses increase in value by \$100,000 or so, other people are having a terribly difficult time making ends meet in such an expensive market.

This is the hidden blessing for the rest of the country in Ontario's high housing costs: people aren't flocking to Toronto to take those advertised jobs because it is so difficult to live there on the wages that are being paid. The places where people can afford to live, and where there are people ready and willing to take up job vacancies, are places like the towns and cities of this part of Canada. Some southern Ontario businesses are realizing that it makes more sense to take their plants and their jobs to where the people are instead of telling all of us here that we should move there. Industrial development commissions are finding that their information about available skilled workers, cheap serviced land and government grants for capital expansion are being received with a lot more interest these days in southern Ontario. Business confidence is a contagious thing, and the development of new enterprises in this region by forward-thinking Ontario companies could give new buoyancy to

our economy.

The trouble is that booms don't last. By the time they're benefitting the farthest-away regions, they're losing steam at the centre. Most economists are surprised by the strength of the American economy, and expect a downturn any time. The usual guess is that it will come after the American election, and it could easily be a severe recession. Since our economy is so closely tied to the U.S., when America is in difficulty so are we. And Toronto will feel the worst effects. Because we in Atlantic Canada didn't go so high this time around, we don't have so far to come down. Still, I'm sure all of us in all parts of the country will look back at the summer of 1988 as one to remember fondly.

- James Lorimer

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FEEDBACK

Right church — wrong pew

It's been a long time since I was clam digging in P.E.I. but that picture in Clam digging offers seaside sport and delectable reward (May'88) looks very much like a mussel to me.

> John Gosbee Calgary, Alberta

The joke's on us

Let me be one of many people who will probably write to complain of your not-so-amusing reference to a Texan who was supposedly fooled into the advice given as a tourist there, Clam digging offers seaside sport and delectable reward (May'88).

Obviously you are not aware that clam digging is a favourite pastime of Texans on the Gulf Coast. Many different types of clams abound along our coast and seafood is much appreciated. Certainly there is well over 1,000 miles of seashore for this activity.

J.B. Wonnacott Houston, Texas

Price worries frivolous

In Punishing Wine Drinkers (May '88), James Lorimer bemoans, as a "wine drinker," the high price of his favourite alcoholic beverage in Nova Scotia as compared to Alberta.

Notwithstanding the fact that Alberta has a much larger consumer and tax base than Nova Scotia, Lorimer's analysis, if it was not due to the hazy effects of a "morning after," must be a deliberate attempt at "disinformation."

Alberta sits on an oil patch from which comes much of the government's revenue; consequently, government-owned liquor stores can offer lower markups without the encumbrance of a lot of taxes.

The article, Milk: situation out of control(May'88) concerning the increasing price of milk in Newfoundland, a province far less prosperous than Alberta, makes Lorimer's comments all the more callous.

> L. Fyffe Fredericton, N.B.

Fond memories of teachers

The April 1988 issue had in the Feedback section a few comments from readers on the treatment of some of the students at the "Shubie" Residential School, by the Sisters of Charity — Hard to erase bitter memories of school days filled with fear (February'88). Their comments are well made, and in retrospect the situation at the school was most regrettable, but let's not throw the baby out with the bathwater.

The Sisters of Charity in many other

activities did a good job educating children in Nova Scotia. I spent several years in the Halifax school system with the Sisters as my classroom teachers and my memories are good. The encouragement they gave kept me and others in school when it would have been easier to guit and get a job at Moirs or the dockyards.

I do not place myself as an apologist for the Sisters. But their record in the fields of education and medical care in Nova Scotia does not deserve to be tarred with the same brush as the unfortunate incidents at the "Shubie" Residen-

tial School.

Edward C. James Elkhorn, Manitoba

Avalon caribou abound

Your recent article Hiking through the splendour of Gros Morne (May '88) was a captivating invitation to drop it all and prepare to beat the paths of rugged Gros Morne. However, I have one quirk.

The Avalon Peninsula, at least to my intimate knowledge, could not be considered part of "the remote high country of Newfoundland" yet it holds an abundance of caribou. Your article implied the existence of caribou "only" in the mountainous regions of the island.

Deborah Pennell Kingston, Ontario

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Bill to give seed breeders patent rights and royalties

Supporters of Bill C-107 are anticipating new seed varieties and bigger yields; opponents fear increased costs to farmers

by Nancy Murphy
armers are facing a debt crisis on
Prince Edward Island. They already
have more than \$30 million in loans
outstanding to the Provincial Lending
Authority and the P.E.I. government has
served notice that it can no longer prop
up the farm community. There seems to
be no consensus on the solution to the
problems in agriculture with disagreement on crop man-

ment on crop management and marketing often so bitter that the government has had to step in to referee. Now government is at the centre of a new controversy.

The House of Commons is currently considering a bill designed to give patent rights to seed breeders and enable them to collect royalties for the use of their product. Bill C-107,



Simpson for bill

which has already passed first reading in the House, is a contentious issue among Island farmers, seed growers and consumers.

Both the Canadian Seed Growers Association and the Canadian Seed Trade Organization strongly support plant breeding protection. Beverly Simpson of Vesey's Seeds in York, P.E.I. is Canadian Seed Trade president.

David Smith, a farmer and member of the Canadian Seed Growers Association, says that plant patenting protection is the only way to ensure that new seed varieties will be developed. He doesn't believe the added cost for seed is a problem, arguing that royalties will remain reasonable and increased crop yields will offset the cost. Farmers will be glad to pay for a service that "will line their pockets with money" he says.

pockets with money," he says.

This view is not shared by everyone. A coalition of small farmers, along with the National Farmers Union, the Cooper Institute, consumers and church groups, has been pressuring the P.E.I. government to introduce a motion calling on Canadian politicians to defeat Bill C-107. This Island group, which is a branch of a national GROW coalition, predicts that the bill will lead to increased prices for

farmers and consumers alike.

The threat to public research worries Wayne Easter, president of the National Farmers Union and an Island farmer. A number of plant-breeding specialists have already been brought over from the public programs to work for private enterprise, he says. The results of years of research and the experience of seasoned researchers have been lost.

Private sector control is not a concern for those who argue that new varieties will mean bigger and better yields. But supporters of government-involved research say that private enterprise will develop crop seeds that will be suited to the largest markets, notably Europe and the United States. Although this may maximize profits, Maritimers could find that the available seed varieties do not suit local climatic or environmental needs.

Crop yields could actually decrease, they say. New varieties may not be as resistant to local pests as some of the old varieties. They're insisting that government maintain control of old seed stocks.

Easter says the added costs will hurt Island farmers. He estimates that as much as 20 per cent of the cost of putting a crop in the ground is in the cost of seed.

Simpson, however, is not worried about the threat of private enterprise taking over public breeding. "I take exception to the idea that the only motive of large corporations is to take control. Actually, it will be the smaller players who will benefit from plant patenting. If they see the possibility of a return, they will be more likely to continue research and development."

According to a recent study released by the Manitoba government, the added royalty charge could increase startup costs to farmers by as much as 10 per cent.

With the debt crisis, fluctuating prices and low land values that Island farmers are now facing, an increase in costs will only be justifiable with a guarantee of bigger and better crops. The Island and Canadian farm community and consumers are divided on whether Bill C-107 will have long-lasting benefits or will do permanent harm.



Selling the merits of health clinics to the government

Community health clinics are serving more people than ever but have yet to prove their cost effectiveness to the government

by Valerie Mansour
he staff and patients at Halifax's
North End Community Clinic last
winter began to experience something new — adequate space. Four physicians no longer share two examining
rooms and patients don't have to be
treated in the hallway. "We have a nursing office and a counselling office and
offices for administration now," enthusiastically explains clinic director
Johanna Oosterveld. "It's been nice to
treat people with more privacy and allow
the staff to work more efficiently."

The clinic opened in 1970 and now has active patient charts for 8,500 people. Many more take part in special programs including pre-natal classes, parents' classes, assistance for diabetics, nutrition counselling, dental education in schools and even a foot clinic. The vast majority of the clients are from Halifax's north end which, despite constant renovations, still has a large population who are poor and whose inadequate housing and bad diets contribute to health problems.

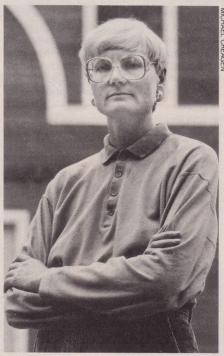
A wide variety of people frequent the store-front clinic, including women attracted to its extensive reproductive care and pre-natal counselling, transients and former north-end residents who were forced to move to the suburbs when their low-income housing was renovated and priced beyond their means. "There is a tremendous cross-section of people who come here," says Oosterveld. "They can talk about housing programs and have access to a broad variety of health services."

That variety of service combined with a community-minded staff makes a health clinic more than just a doctor's office. "One of the criteria in a community health centre is that the staff practises a team approach," Oosterveld says. "There's a larger role for non-physicians, partly because of greater attention to prevention and education." Because of this emphasis on healthy lifestyles, included in the clinic's 25 full and part-time staff are a nutritionist and social worker.

The North End Clinic has embarked upon a \$600,000 fund-raising campaign to pay for the recent extension as well as for future improvements. In Nova Scotia there are more than 10 clinics similar to the North End clinic. Government contributes funding through MSI (Medical Services Insurance) payments

and occasional grants, but at a time when health expenses have soared sky-high, people like Oosterveld think community health clinics deserve more attention. "I think the provincial government by its actions has indicated they are looking for ways of containing health care costs. I would expect them to look at all reasonable avenues."

There are echoes of Oosterveld's concern throughout the province. Four years ago when communities on the Hants Shore were unable to find a doctor, they



Oosterveld: clinics offer team approach

began to raise money for a clinic. They realized clinics reduce the problem of attracting doctors to rural areas because there is less dependence on one doctor — the organizational structure is conducive to having many different health professionals.

The Hants clinic now serves 2,500 people from throughout the area. "We have a board of directors and we have set up our own criteria of what we expect from our doctors," says Alice Galley, president of the Hants Shore Health Association. Diabetes classes, elderobics, and house calls were initiated by two doctors Galley describes as "com-

munity-minded." She says the clinic is fast becoming an integrated part of the community.

MSI covers salaries, light and heat for the clinic but there is no government funding for capital expenditures. "It's just a constant battle to get money," says Galley. "We go around and beg for grants."

Dr. Wayne Sullivan, director of the community health branch for the provincial department of health says the government's expenditure of \$250,000 yearly is sufficient proof of their commitment. But, he adds, he is yet to be convinced health clinics actually save them money. "It's important they demonstrate they can provide better care for less money," he says. "We can't assume it."

"Health promotion is the key," says Sullivan. "In the long term we'll have a healthier population." But he is not sure clinics are the answer. He finds very little difference between these clinics and buildings a doctor might build. "The service is not unique. Having it in one building is. The same services are provided elsewhere. It's just another way of doing it."

The Nova Scotia Federation of Community Health Clinics was formed two years ago to sell government on the attributes of clinics. "We have to prove we do save them money, that we're not just a small area of medical life in the community," says federation chairperson, Steve MacNeil of L'Ardoise. "We have to tell government where we're saving money and how. It's hard to show that." He says a pilot project is needed to compare hospital visits before and after establishment of a clinic.

Community health centre advocates are also working with the Nova Scotia Co-operative Council promoting the idea of health co-ops. Co-ops are similar to clinics except that employees and an elected board of directors are accountable to the members, the clinic's clients. In Saskatchewan health co-ops have been operating since a doctor's strike in the '60s.

Advocates have succeeded in drawing the provincial government's attention to the health co-op concept. They say it would make sense to have health co-ops in areas of Nova Scotia where the co-op movement is strong. The departments of health and industry, trade and technology are currently working together on a financial model to determine how many members would be needed and what kind of services would be offered.

Clinic and co-op advocates are optimistic they're making progress. "Building more hospitals is not always the answer," says Oosterveld. "We have to educate people around health care possibilities and build on the political groundswell."

PROVINCIAL REPORT NEWFOUNDLAND AND LABRADOR

A long way from being over

Cashin's union won a decisive victory in the recent voting but its opponents feel the battle's still on

t had all the trappings of a provincial election — expensive media campaigns, handshaking, community meetings, speeches and mud slinging. The only obvious difference was that campaign workers didn't go door-to-door seeking votes, they went boat-to-boat.

The outcome was hard to predict and few would venture to guess. In the end, however, the results were clear: Newfoundland inshore fishermen voted almost two-to-one in favour of Richard Cashin and his new Fishermen's Food and Allied Workers Union in affiliation with the Canadian Auto Workers, leaving behind Tom Best and inshore local 465 of the Washington-based United Food and Commercial Workers Union.

A little more than a year ago Richard Cashin and the executive of the UFCW in Newfoundland broke away from the union to form a new fishermen's union, which would be affiliated with Bob White and the CAW. At the time Cashin said

they were looking for autonomy from their American parent union. Initially nobody was sure if they could do such a thing.

Prior to the vote by inshore fishermen, fish plants had begun a plant-by-plant vote to choose which union would represent them, and the majority chose the FFAW. Similarly, the Fishery Products International trawler workers voted 77 per cent in favour of the FFAW.

When the ballots were counted the winners smiled for the cameras and Cashin asked in his most confident manner the rhetorical question, "Was there ever any doubt who would win?" Flanked by smiling fishermen and supporters wearing FFAW baseball caps, the answer seemed obvious. But across town at the headquarters of Tom Best and the UFCW local 465, disappointed faces and looks of disbelief showed that Cashin wasn't the only one expecting to win.

"I am very surprised at the results. I can't understand anyone in this province

who's identifying with the inshore fishery not supporting their own inshore local," says Tom Best. "But that's a decision they've made and I respect it."

Out of 13,010 votes cast, only 12,159 were counted: 7,686 of those voted for the FFAW. 4,399 for the UFCW and 74 bal-

lots were rejected.

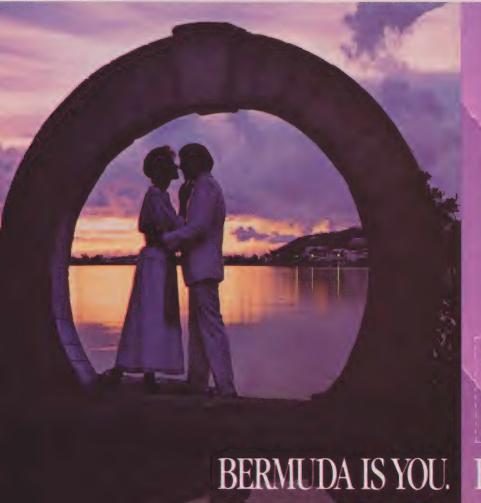
"I think it's a great victory and I'm excited about the prospects for the future," says Cashin. When asked about the 36 per cent who didn't support him Cashin replied angrily that they were undoubtedly the fishermen who didn't pay dues or worked part time.

Tom Best disagrees with that assumption. "I would think he picked up quite a few votes from the people he's calling part-time. The 4,399 who voted UFCW are true blue fishermen and they're going to have some things to say to Mr. Cashin in the coming months," Best warns.

Cashin doesn't agree with having a separate local for inshore fishermen, such

as the one Best proposed.

"We won't be changing the way we operated. I think we had the right policies. We have had two conventions, we've laid down a whole new structure for the union which will have grass roots participation, in a way that no other union in North America has, and it's those people who will set the policy for the



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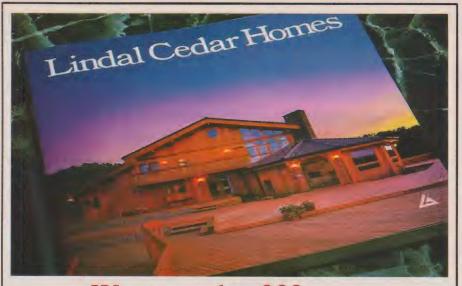
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NEWFOUNDLAND

union," explains Cashin.

Best says the UFCW spent between \$4 million and \$5 million in the past year and he expects the FFAW spent roughly the same amount. Cashin says however that the FFAW spent the \$3 million it normally spends on operations in a year and about another \$1 million on top of that for the campaign. It wasn't hard to see where the money was going. Both unions dominated the radio airwaves with personalized jingles and songs. Both prepared television documentaries which they paid to air on NTV.

"The UFCW tried to divide fishermen instead of having them pull together," says Earle McCurdy, Secretary-Treasurer of the FFAW. "They had an expenditure program that was unbelievable, an open cheque policy of millions upon millions and despite it all we won hands down. It



Best: needed more than 36 per cent to win

shows the confidence and support of our union and now we can get down to the serious work of bargaining for fish prices, which is what fishermen want us to do."

Cashin doesn't see much of a future for the UFCW in Newfoundland. "The same thing is going to happen to the UFCW as previously happened to the retail clerks. That union was here for 20 years, went through the same process in the late 1960s and disappeared from the province and that's what's going to

happen to the UFCW."

Mike Fraser, the Assistant Regional Director for the UFCW, disagrees. "The UFCW is not leaving Newfoundland contrary to what Mr. Cashin is saying. There are a number of bargaining units that have already decided to remain with the UFCW and we will continue to represent them. And there are going to be plants that decide to remain with the UFCW." Fraser also suggests that Cashin will fail to live up to all the promises he has made to fishermen, and when he does the UFCW will be ready to step in and do the job. "In my opinion it's a long way from being over," he warns.



Here's the best map we know of...

This large, colourful map of the Maritime Provinces has just been published. At *Atlantic Insight*, we're using it to pinpoint our writers and photographers and to flag the museums and art galleries featured in our June 1988 Heritage Guide.

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The map was commissioned by the Maritime Provinces Education Foundation and created by the skilled cartographers at the Maritime Resource Management Service Inc. in Amherst. It is now in use in schools across the three Maritime provinces.

You can order your own copy through Atlantic Insight's mail order service. It comes on heavy stock, and is shipped in a cardboard tube.

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Financial woes too great as **UMF** succumbs to insolvency

The UMF bankruptcy threatens the independence and security that fishermen and their local co-ops built up over 58 years

by Eugen Weiss he bankruptcy of United Maritime Fishermen this spring is proof, if proof was needed, that there is no easy way to dodge a bullet.

The home-grown co-op fishing company was closed down this spring, after more than a year of conflict with another branch of the Canadian co-op movement, the Toronto-based Canadian Co-operative Leasing Society. With its collapse went the local security and independence 3,000 fishermen and their co-ops thought they'd

bought and built over 58 years.

UMF was formally declared bankrupt on April 18 but the real end came a month before, when a judge lifted court protection that UMF had won last fall in an effort to save the day.

Hopes that UMF's assets might fetch \$10 to \$15 million were nothing more than hopes in May, as trustee Peat Marwick reported "very little interest" in most of the company's plants, pounds and buying stations and no interest in some plants.

CCLS had pressed toward the bankruptcy in hopes of recovering more than \$23 million, a debt UMF had run up since the early '80s, in-

vesting in the groundfishery and an ill-fated New England marketing venture. Total debts were estimated by earlier receivers at close to \$41 million.

By the end of May, UMF president Gilles Menard was cleaning out his desk at headquarters in Moncton, after a turbulent eightmonth ride, trying to save Menard: no way out

the foundering company. When he arrived on September 1, 1987, Menard inherited the top job in a company that had just shed more than 60 staff. He was brought in to implement a restructuring, worked out between UMF and CCLS with the intercession of Touche Ross & Company accountants.

By the first of November, relations among the parties had deteriorated to the point that CCLS demanded repayment of a \$19.8 million accumulated debt, in effect saying, "find a new banker." UMF couldn't and a month later CCLS asked that UMF be placed in receivership.

Though hooked, UMF fought being reeled in. The company countered by pleading - successfully for a time that it had prospects of both survival and repayment of its debt, if only allowed to

work things out. Judge Guy Richard

§ granted UMF protection under

the federal Companies Credi-♀tors Arrangement Act.

> Menard maintained throughout that UMF could pull itself up, after slimming operations and concentrating on its lobster specialties. All it needed was time to prove itself in a new season, and \$10 million in government credit guarantees would finance UMF's annual buildup

inventory. This led to a game of "after you." The Province of New Brunswick promised to consider helping if CCLS and UMF would first sign a deal in which they had resolved their problems. But CCLS said it needed a promise of government help and the federal government said no to UMF's plea.

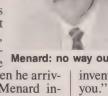
The federal government's refusal was the final blow to UMF's hopes. And by the time Judge Alfred Landry declared UMF "hopelessly insolvent" and lifted the court protection granted earlier by Judge Richard, some senior managers were heading for the door.

Even as court dates were set for the declaration of bankruptcy, UMF filed suit against CCLS and Touche Ross, arguing that they had damaged UMF's prospects. Judge Landry had allowed the suit but remarked that the mutual animosity of CCLS and Touche Ross on the one hand and UMF and interim receivers Price Waterhouse on the other appeared to be an important factor in UMF's demise.

Peat Marwick, the third accounting company in six months to supervise UMF financial affairs, took charge as receivers and then trustees, inviting bids for all company assets.

À local fishermen's co-op, which lost a \$500,000 investment in UMF, bid on the Richibuctou Village plant but the trustees were not happy with the bids received.

Already there's some talk about the need to recreate a co-operatively owned fish marketing company, a "son of UMF." But those involved say they are too busy sorting out the consequences of the UMF failure to spend much time organizing it this summer.



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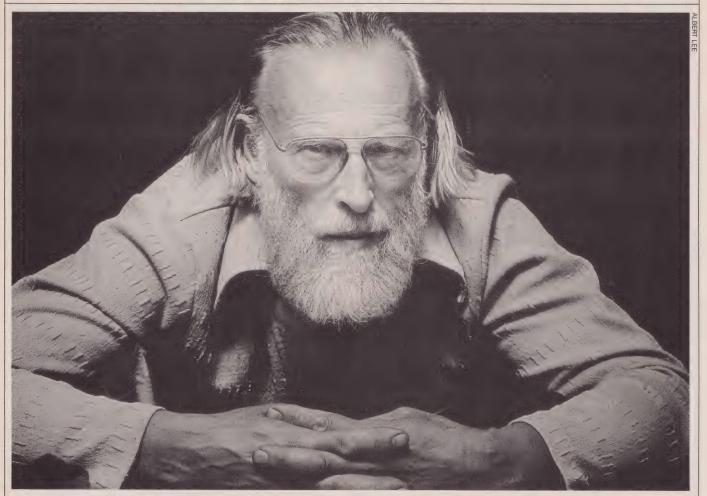
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THE ARTS



An ego as invulnerable as the Rock

Politician, journalist, author, guru, mystic, prophet — Harold Horwood defies all definitions except his own

by Colin Henderson f Harold Horwood seems lacking in humility, it's not without reason. He is, by comparison with many mortals, a man of prodigious talents and formidable intelligence. Not only is he the author of 20 books and innumerable articles, he's been a notable success at just about everything he's done. And he's done a lot — organized unions, represented Labrador in the Newfoundland House of Assembly, edited the St. John's Evening Telegram, and served as chair of the Canadian Writers' Union. He's twice been appointed writer-in-residence at Ontario universities, and he's received the Order of Canada for his contribution to the growth of Canadian literature.

Just the same, in a country often stereotyped for the polite diffidence and self-effacement of its citizenry, Harold Horwood's self-assurance is magnificent to behold. His ego seems as invulnerable as the rock of Newfoundland where he was born and bred. A less stalwart soul

might have been daunted, even devastated, by the rough treatment that last year's novel, *Remembering Summer*, received at the hands of some critics. Not Horwood. He seems merely vexed by their incompetence. "If people don't like the book," he says, "it just means that they're too intellectually impoverished to understand it, or too emotionally and spiritually impoverished to appreciate it."

In the past Horwood has been a crusader in Newfoundland politics and one of the more vocal spokespeople for the social revolution of the '60s. But in his most recent work Horwood emerges as what one Toronto critic describes as a kind of Atlantic holy man. At age 64, with his shoulder-length grey hair and full beard, Harold Horwood not only looks like a prophet, he sounds like one.

About a dozen of the 20 books that Horwood has written were commissioned works, popular histories and travelogues such as *Bandits and Privateers* and *The Newfoundland Ranger Force*.

Although such books are invariably well-received and commercially successful, they're not the ones that Horwood regards as important. He writes them to earn a living. Of his more recent publications, Remembering Summer and Dancing on the Shore — which he describes respectively as "an avant-garde novel" and a "book of wisdom" — are more representative of his real ambitions as a writer. "These books are important to me," he says. "I write them because I want people to read them. I don't care if they never make any money. They are my testament to the world."

In the preface to *Dancing on the Shore*, Horwood states that his aim is to provide the basis for a "renewal of faith" and a "cure for the city sickness that afflicts so much of humanity." Since Milton took it upon himself to justify God's ways to man, few writers have attempted anything quite so ambitious, but the rather awesome moral certainty is evident in all Horwood's most ambitious work. The *Oxford Companion to Canadian Literature* notes: "Few authors of fiction so persistently editorialize

THE ARTS

about their material as Horwood. Typically he wishes to promote what he regards as enlightened notions, while jettisoning and denouncing the old: he is less an onlooker than a kind of teacher, or even a preacher."

But if Horwood often sounds like an Old Testament prophet badgering his recalcitrant flock it's not surprising. He was raised as a born-again Christian, and although he has long since rejected the fundamentalist dogma of his youth, the pattern of his earliest beliefs, if not the beliefs themselves, is apparent in much of his work. "I heard the great Biblical texts over and over again," Horwood says, "and I had a thorough familiarity with the great passages in the Hebrew prophets. This was undoubtedly a very important influence on me." It's more than a passing coincidence that Horwood describes his books as his "testament" or that he names the narrator in Remembering Summer after the prophet, Eli.

In *Dancing on the Shore*, he writes, "I have not achieved serenity, but I have achieved conviction, a faith as unshakable as that of any apostle or prophet, and a desire to share the vision with those who

may wish to see."

There's a curious irony in Horwood's intolerance towards dissenting opinions. As a writer he has always been a subversive, championing the liberation of the human spirit from the restraints imposed by conventional morality. "I have always been part of the subculture," Horwood says, "the subculture that surfaced with the beatniks and subsequently with the hippies."

His idea of the artist as bohemian rebel probably dates from 1945 when, as a young man, he and his brother Charles founded *Protocol*, a journal of experimental writing. One of the contributors, Irving Fogwill, introduced Horwood to contemporary avant-garde literature. Horwood was deeply impressed by such underground luminaries as Kenneth Patchen, Djuna Barnes, and Henry Miller, artists who were deeply opposed to the values of the dominant culture and who recklessly flouted the social conventions of the day.

Horwood's own rebellion began with his involvement with left-wing politics. When he left the labour movement to join Joey Smallwood's campaign for Confederation, he was known along with poet Gregory Power and Smallwood, himself, as one of "the three Bolsheviks," presumably for his union-organizing activities with the Newfoundland Federation of Labour and the Canadian Congress of Labour. Horwood served as the member for Labrador in Newfoundland's first House of Assembly and was, for a time, one of the bright young men that Smallwood looked upon as a possible successor. But if, at one time, Horwood was heir apparent to the Premier, it wasn't long before he became Smallwood's most influential and relentless critic.

Horwood left politics in 1951 to work for the St. John's Evening Telegram, first as a columnist, later as editor. It was, Horwood says, a very deliberate step in preparation for his career as a writer. As a journalist, his initial admiration for "the father of Confederation," took a decidedly Oedipal turn. In his column Political Notebook, Horwood flayed the Smallwood regime, exposing government incompetence and corruption. This was during a time when the popularity of Smallwood's Liberals was at its height. Horwood provided what he describes as "the only serious and effective opposition to the government.'

So bitter was the animosity that Horwood's column provoked that in certain quarters of St. John's people at least half believed that there were plans afoot to have him silenced for good. Long time friend, Farley Mowat, recalls visiting some outport communities with Horwood during this period. "You could feel the hostility from some of these people," Mowat says. "It made me very nervous."

Ever anxious to establish himself as a leader, Horwood is quick to point out that he was a good 10 years ahead of the back-to-the-land movement when he left the Telegram and retired to the small community of Beachy Cove to earn his living as a full-time writer. It was here that he wrote the novel Tomorrow will be Sunday and The Foxes of Beachy Cove, the work for which he is probably best known. In it Horwood demonstrates his deep appreciation of nature and his considerable gifts as a prose stylist. The Oxford Companion to Canadian Literature describes it as "a work of meditation and observation that invites comparison with Thoreau's Walden."

While living the austere and relatively isolated life of a writer Horwood became swept up in the social upheavals of the '60s. He is adamant that he had liberated himself before the psychedelic revolution and the arrival of the flower children, but it's clear that this decade was a watershed in his life. His small house in Beachy Cove became the crash pad for itinerant hippies from all over the country and Horwood, a somewhat eccentric loner in the eyes of his contemporaries, suddenly found himself a guru of the counter culture.

This is the period that Horwood celebrates in *Remembering Summer*, the autobiographical novel, as a time "when magic returned to the earth, and God arose from the dead, when the old dreamed dreams and the young saw visions." Some of those visions, if not all, were induced by illicit substances that the kids furtively smoked, snorted or dropped in Horwood's bathroom while

the RCMP kept the place under constant surveillance.

It's little wonder that a man of Horwood's uncompromising integrity and dislike of authority would be idolized by a generation of alienated and idealistic youth. More surprising, perhaps, is the extent to which Horwood idolized them. In *Remembering Summer*, Horwood describes the coming of the sex, drugs and acid rock generation in language borrowed from Revelations. They were "the elect, the children of the new day." To Horwood, a man "deeply imbued with the sanctions of his culture," the long-haired freaks seemed "beyond corruption."

"In the world where I grew up," Horwood writes, "love meant just one thing: getting laid, getting your tail, getting your oil changed. How brutal it all was!...Love thy neighbour as thyself! Who ever dreamed that anyone would take it seriously?" When he writes, "We have to thank the rebellious children of the '60s (as we have to thank them for so much else) that they brought the prophets back into the human mainstream," he is acknowledging a personal debt.

In the early '70s, Horwood used his influence to establish Animal Farm, the first free school in Newfoundland. He was soon regarded as the local spokesperson for the counter-culture appearing on local radio and television in sandals and beads to defend the school against the guardians of public morality who feared that Horwood's students were learning about drugs and free love and not much else.

In 1976, he was appointed writer-inresidence at the University of Western Ontario and later served in the same capacity at the University of Waterloo. As a teacher Horwood excelled. Describing himself as "self-educated in literature, music, philosophy, religion and the natural sciences," there are few subjects upon which Horwood isn't prepared to hold forth.

Since moving to Nova Scotia in 1979, Horwood has devoted himself almost exclusively to writing and raising his family. He lives with his wife, Corky, and their two young children, Andrew and Leah, in a house overlooking the Annapolis Basin. Although the '60s are long gone along with the acid trips and the allnight parties, Horwood has never broken faith with the values that they represent. He grows his own vegetables, buys his clothes second-hand, and likes to wander around barefoot in the summer. He is no longer politically active, but he does support various animal rights organizations and peace groups such as Greenpeace and Project Ploughshares.

The Annapolis Basin is the setting for Horwood's book, *Dancing on the Shore*, a sequel of sorts to *The Foxes of Beachy*

Cove. In it Horwood focusses on the wildlife surrounding his home as a means of introducing a whole series of philosophical speculations. His detailed observations of the local flora and fauna lead him to meditations on such recondite matters as the path of human evolution, the life cycle of stars, the origins of the universe, and the parallels between Buddhist philosophy and quantum physics.

Combined with this impressive show of learning and furious cognitive activity, Horwood has written some of his most beautifully evocative descriptions of the process and beginning of life which, as the title suggests, appears to Horwood as a cosmic dance, a dance which connects the most infinitesimal sub-atomic particles to the largest galaxies. Observing the willets near his home "dancing" in the air, he speculates on the primal dance that animates the universe.

"Rhythm begins far down in nature, perhaps as far down as the resonance of fundamental particles...it paces the universal dance of the molecules; it is inherent in the quartz crystals that keep our watches running on time. The earth dances with the sun and the moon creating the regular rhythm of day and night, of summer and winter, of spring tide and neap tide."

"The world," he writes, "is the very flesh and blood of god, love god not solely in her unity, but god also in her diversity: god in child and man and galaxy, god in moth and leaf and thorn. The world is god dancing, god beside himself."

Horwood supports this idea, described elsewhere as "the unitive knowledge of god's imminence in the universe" with frequent appeals to scientific authority, but the ultimate authority is Horwood's personal experience, the mystical vision that he says he's always possessed. "My whole life centres around the mystical experience," he says. "My relationship with the world is continuously informed by what might be called the religious attitude. This doesn't mean that I'm a Christian or any of those things. The world is part of me. I am the result of all the universe. I have a tremendous feeling of relationship, more than just relationship, almost a unity with the animals, the birds, and the insects.'

It's difficult to know just what to make of such statements. You either accept Horwood's claim to have transcended the realm of purely human knowledge or you don't. "Mystics," he acknowledges, "can only talk about mysticism with another mystic." Farley Mowat sees Horwood as one of the few individuals who has experienced "our indivisibility with nature. Harold has crossed that boundary which makes us aliens," he says, "and he's returned with a message we need to hear."

One can't help but wonder how much of Horwood's keen empathy for other forms of life is owing to his estrangement from his own kind. Des Walsh observes that in the 20 years he's known him, Hor-

wood has always seemed closer to nature than to people, an observation reinforced by Horwood's controversial — some might say offensive — statement in Dancing on the Shore where Horwood questions whether the atrocities committed by the Nazis or the atomic bombing of the Japanese "were any more appalling than the destruction of the buffalo or the extermination of the passenger pigeon." To some readers, equating pigeons and people indicates a brutal insensitivity to human suffering, but Horwood is unrepentent. "I knew the statement might be shocking to people who regard human beings as unique," he explains, "but to me and my class of people, the universe

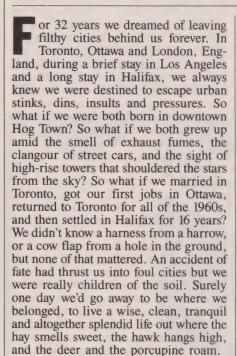
is holistic and human beings are not unique. If people find something wrong with that statement, then they have the wrong attitude. It means that they believe that the only species that matters is the human species, and that's too bad. They simply haven't learned to accept the world the way they should."

Such deliberately provocative statements make it clear that Horwood is still fighting for the social revolution of the '60s and attacking what he regards as the sickness of western culture. "I regard the artist," he says, "as the person who has to be on the leading edge of social change. He has to have attitudes that the majority of people don't have."



HARRY BRUCE'S COLUMN

The grass is always greener



Last September, we finally made it. We sold our apartment in Halifax, and moved to the ancient Bruce homestead at Port Shoreham, N.S. Now Port Shoreham is not one of your dormitories for Halifax. It's not a Chester, Hubbards, or Mahone Bay. We can't nip into the city every time we want to see a play, attend a concert, or dine on French cuisine. Port Shoreham sits on the the north shore of Chedabucto Bay, 180 miles from Halifax. Despite its name, it's not a port. Nor is it a town, or even a village. It's just a bunch of farmhouses strung out along Highway 344, and our closest neighbours are hundreds of yards away. They said it was such a comfort to see the lights of our house shining through the trees after we first moved in. That's how lonely it is along

Never before had we spent an entire winter in so remote a spot, and it taught me a few things. It taught me that it's wonderful to be able to walk down Spring Garden Road, slip into a bar, order an extra-dry-martini-on-the-rocks-with-a-twist-of-lenion, and chat with friends; and it's good to sit near the window of a cosy restaurant on Barrington St. and watch the people go by while you eat cream cheese and smoked salmon on a bagel, and sip white wine. Winter in the sticks also taught me how much I like Indian and Chinese restaurants; shops that sell hundreds upon hundreds of different

magazines; hearing *The Globe and Mail* plop at my door before breakfast; receiving seven TV channels instead of two; lingering in the stacks of the Killam library on the Dalhousie campus; and hearing a girl bagpiper awakening students at King's at 7:45 on a crisp white February morn.

The clean country has taught me that the dirty city actually has quite a lot going for it: girls sunning their thighs at noon at The Grand Parade; the sound of sails fluttering as yachts tack off Point Plea-

Trading the matchless beauty of Chedabucto Bay for a bicycle tour of Halifax yard sales unlikely but then again...

sant Park; the chance to spend all of Saturday morning visiting yard sales by bicycle; the taste of a blueberry ice-cream cone during a concert in The Public Gardens, or a hotdog and coke during a softball game on The Commons; delicatessens that sell Hungarian salami, French bread, Greek olives and Cambazola cheese; Scottish and Irish musicians at O'Carroll's; used bookstores. umpteen movie theatres, the Natal Day Parade, street entertainers, harbour traffic, foghorns, and wrought iron fences around graveyards that hold the secrets of 239 years of history. I'd like to be back in Halifax in 1999, when it celebrates its 250th birthday.

None of this means I want to return



for good. That's not what coming to the country taught me. Instead, it taught me that, wherever I am, I want a bit of somewhere else. I know what would happen if I were to abandon Port Shoreham for Halifax. I'd start to dream about the matchless beauty of Chedabucto Bay, and its long grumbling sigh at night. I'd miss the songs of myriad birds at dawn in the swale just west of our farmhouse, a chorus that sometimes soars as though the Saviour of all wild birds has risen again. I'd miss the smell of wood smoke in our country kitchen; the splash of maple and birch leaves against the dark spruce in the fall; our seaside cabin where the serenade of surf is ceaseless; the astounding pyrotechnics in the heavens on clear moonless nights; the white tails of deer bobbing across our field like rubber balls bouncing on cement; the ravens gathering in the grass like evil priests and then doing acrobatics in the sky; and the worn, friendly look of the beams in the shop that some Bruce built God knows how many decades ago. I'd miss the air, just the crisp and impossibly fragrant air, and a few neighbours as well. I'd be sipping my martini in that bar on Spring Garden Road, and I'd be dreaming about good old Port Shoreham.

When I think of homesickness, I think of the heroine of Antonine Maillet's epic novel, Pelagie-la-Charette, the first novel by an Acadian ever to win France's highest literary honour, the Prix Goncourt. The book is about an Acadian widow who, after surviving in Georgia for 15 years, leads fellow exiles on an ox-cart caravan from Acadie-in-the-South to Acadie-in-the-North. When someone suggests Pelagie abandon her mad mission, and join the happy Acadian exiles in Louisiana, she counters, "Try to remember the harvest season with the apple trees so loaded the branches are cracking at the joints; and the sugar season with the maple syrup sap dripping in the cans; and the season of the little wild strawberries ... Have they got wild strawberries and maple syrup in your

I envy Pelagie her single-mindedness. When I'm in the city, I miss the country. When I'm in the country, I miss the city. Since I'll never be rich enough to keep dwellings in both places — and also own a sailboat — I'll just have to learn not to want so much. If I succeed at that, moving to the country will have really taught me something.



GOOD TIMES. CALL FOR THE CAPTAIN.



CAPTAIN MORGAN RUMS

CERTO, WHEN STORE-BOUGHT JAM JUST ISN'T GOOD ENOUGH.



Microwave Strawberry - Raspberry Preserves

625 mL 2½ cups whole strawberries (purchase 1½ pt 625 mL fully ripe small strawberries)
2½ cups whole raspberries (purchase 1½ pt 625 mL fully ripe raspberries)
1000 mL 4 cups sugar
4 cups sugar
½ bottle CERTO Liquid Fruit Pectin
½ sup Grand Marnier Orange Liqueur or other orange liqueur

First, prepare the fruit. Measure whole berries (firmly packed without crushing) into non-metal 4 qt 41 bowl. Add sugar and lemon juice; mix well and let stand

sugar and lemon juice; mix well and let stand 10 minutes. SO GOOD.



Then make the preserves. Microwave fruit mixture on FULL power for approximately 12 minutes, stirring twice, or until mixture comes to a full rolling boil and boils for 1 minute. Remove from oven and at once stir in liquid fruit pectin and liqueur. Skim off foam with metal spoon. Then stir and skim

for IO minutes to cool slightly to prevent floating fruit. Pour quickly into sterilized jars, being careful to distribute fruit evenly among jars. Seal while hot with 2 piece lids or 1/8-inch [.3 cm] hot paraffin.

For firmer berries, let fruit and sugar mixture sit for 4 hours before cooking. Tested in 700 watt oven. Yield: about 5 cups [1250 mL]

SO EASY.

*Registered trademark of General Foods Inc.

SUMMERCOOKING



Our twelve finalists: Monique AuCoin, Evelyn Haskins, Catherine Blenkhorn, Merlin Birdsall, Joan Nevers, Katherine Trueman, Clara Nowlan Jefferson, Mary Chanteloup, Mollie Lewis Robinson, Lynne Perry, Judith Carpenter and Virjene Cole

Recipe cook-off brings out region's culinary traditions

Mary Chanteloup of Glenwood, N.B. and her pumpkin ice cream went home with the contest's grand prize and 11 new friends



Cole's pumpkin bread, hot out of the oven

by Susan Williams
t's not every day that 12 strangers meet
for a weekend of cooking and eating
and part close friends. But that's what
happened when the finalists of the second
annual Atlantic Insight recipe cook-off
gathered in Charlottetown on a cold, wet
and windy April weekend.

The contestants who arrived in Charlottetown the evening of Friday, April 8 had little in common besides their love of good food and their Atlantic Canadian backgrounds — Joan Nevers of Plaster Rock, N.B. is "chief cook and bottle washer" at bear, deer and salmon camps throughout New Brunswick and conducts bus tours in her spare time; Monique AuCoin is an Acadian mother of two from Grand Etang, N.S. with her own electrolysis business; Merlin Birdsall, the only male in the group, writes fiction under a pseudonym from his home in Mahone Bay, N.S. — but within 48 hours they had all found common bonds.

By the time the three grand prize winners were announced at the closing banquet on Saturday night, contestants were swapping addresses and recipes and sharing stories about their own careers, families, romances and ambitions.

This year's first place winner was Mary Chanteloup of Glenwood, N.B., whose pumpkin ice cream was an immediate hit with the judges and contestants both because of its mellow flavour and, as one judge explained, "because it showed a novel use of Atlantic Canadian produce." Although a native of California, Mary moved to Newfoundland with her husband in 1969. After a memorable summer vacation in New Brunswick, the Chanteloups moved there permanently. At the banquet, Mary said she collects Atlantic Canadian recipes to gain "insight into your heritage. In entering my recipe I really felt I was giving something back to Atlantic Canada and, here I am, on the receiving end again.'

It wasn't until the last few hours of the weekend that contestants really got to know the quiet mother of four who, as well as keeping busy with gardening and renovations to her home, is an artist. On the way to the airport Sunday evening Mary explained that since she didn't have time to buy her 12-year-old son a present, she had sketched the Charlottetown Harbour from her hotel window for him.

The second place winner and youngest contestant was Katherine Trueman of Point de Bute, N.B. who, despite the fact that she is only 21, has mastered the delicate art of pastry making for her fiddlehead pie. Katherine, or Kathy as she was soon being called by her "adopted mothers and grandmothers," is a part-time science student at Mount Allison University. She commutes to classes from her family's 110-head dairy farm which she helps run during the summer months and in her spare time.

Lynne Perry of Lower Sandy Point, N.S. placed third with rhubarb relish. Although Lynne is now supervisor of the Shelburne tourist bureau, she spent 15 years at home with her three children. "It was while I was home that I began experimenting with cooking and with pickles, relishes and jams," she says. "I developed a lot of recipes then that I use now."

Lynne and most of the other contestants made their first introductions on board an Air Nova flight to Charlottetown on Friday evening. Even before they were on Island soil, the fun began as photographer Eric Hayes of Bridgewater, N.S. hurried off the plane ahead of them to take the first of more than 600 photographs.

SUMMERCOOKING

After checking in at the CP Prince Edward Hotel, the group met for an informal dinner and get-acquainted session at the Queen Street Café. It was there that Mollie Lewis Robinson of Mississauga, Ont. confessed that, even though she has lived in Upper Canada for more than 40 years, she still considers herself "from P.E.I." Evelyn Haskins of Chester, N.S. explained how she made up her own recipe for banana and cranberry muffins and was so pleased with the results that she told her husband she wished she could enter them in a recipe contest. "The next day he came home from the doctor's office with an entry form for the contest which he'd torn from a copy of Atlantic

By the end of the evening, the ice had obviously been broken. As Deanna Almond, promotions co-ordinator for *Atlantic Insight*, describes it, "I could hardly get people to stop talking long enough to give them instructions. They were making toasts, carrying on and the people from Cape Breton and Newfoundland were trading jokes." Two of the women had even decided to share a room to keep each other company. Before leaving, the contestants sent a collective round of applause to the café's chef for his seafood pasta, breast of chicken niçoise and marinated strawberry crêpes.

Spirits were slightly more subdued the next morning as the contestants' thoughts began to focus on the business at hand.

The cook-off took place at Holland College's five-year-old Culinary Institute which offers courses in culinary arts and dining room service. From the moment of the contestants' arrival at 9 a.m. until the last of *Atlantic Insight's* employees left after midnight, the Culinary Institute staff could not have been more helpful or accommodating. Nothing was too much

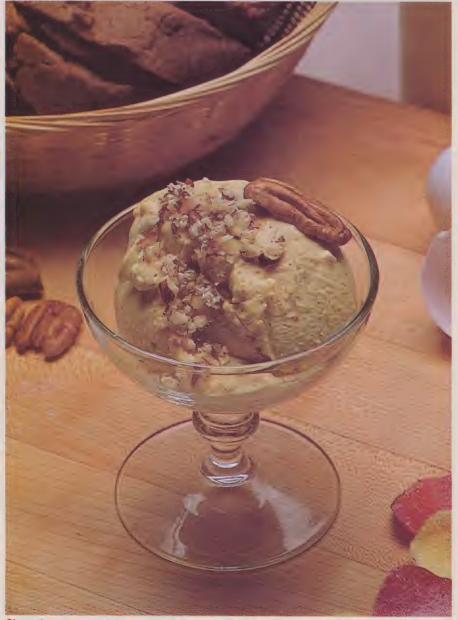
Chiasson examines Evelyn Haskins' muffins

trouble. When Merlin didn't have the right baking dish for his coriander fruit crumble, food purchasing agent Erroll Affleck ran home for one. A few minutes later, he was leaving again. "I'm off on the cranberry run," he said with a smile.

Before starting, Culinary Institute instructor Richard Chiasson gave the group a tour of the kitchen facilities and each contestant a tray containing his or her recipe ingredients. It was at this point that a variety of gadgets, utensils and ingredients began appearing out of bags and purses. Clara Nowlan Jefferson of Wolfville, N.S., who had left behind 24 nieces and nephews and a growing list of greatnieces and nephews, had brought her own spice bag for her tomato and apple chutney. Mollie had brought an oyster shucker, Merlin an apple corer and slicer as well as a handmade apron and oven

mitts and Catherine Blenkhorn of Cumberland County, N.S., a "little brown jug" which, she later revealed, contained maple syrup.

As the contestants headed off to begin cooking, white-haired Clara gave a little skip and began singing, "Hi-ho, hi-ho, it's off to work we go." For the next four hours, they cored, shucked, rolled and stirred until they were satisfied that each of their 12 dishes was up to scratch. When Joan's potato and cheese soup wasn't smooth enough — "I talked too much while I was cooking and it curdled" — she put it aside and started again. Newfoundland-native Judith Carpenter, now a resident of Truro, N.S., wasn't sure how to best present her shrimp and scallop Muenster so she conferred with the judges who were in the kitchen most of the day giving advice.



Chanteloup presented her pumpkin ice cream with a walnut garnish and sugared rose petals

First out of the oven were Evelyn's muffins and Virjene Cole's pumpkin bread. Virjene, a school teacher from Kensington, P.E.I., was second place winner in last year's cook-off and helped the others find their way around the Culinary Institute's vast kitchens with its oversized measuring cups, cutting boards and bowls.

Judges for the contest were Debra Bathgate, co-owner of the Saint John, N.B. restaurant Incredible Edibles; Graham Taylor, chief chef at the institute; and Charlottetown cookbook author Julie Watson.

While the judges tasted, smelled and scrutinized, the contestants took a few hours to freshen up for the banquet that evening. When they arrived back at the institute, this time to the elegant Lucy Maud dining room, they were no longer cooks but the honoured guests of a sevencourse feast, highlighted by chicken crêpes, a fruit coulis, poached salmon with lemon sauce and babas au rhum.

All 12 finalists were awarded medals and gift boxes from General Foods Ltd. Kathy and Lynne also received sets of Paderno stainless steel cookware. Mary's grand prize was a 20-piece set of Royal Doulton china.

In presenting the prizes and wrapping up the cook-off, Atlantic Insight publisher James Lorimer explained that the contest began with only two rules - "that the main ingredients be fresh produce that is Atlantic Canadian and that the entries include the story about where the recipe came from." Although contestants were reluctant to write out their stories, in the end, "we found what we suspected. There are very strong, well-developed culinary traditions in Atlantic Canada."

Twelve friends — Mary, Kathy, Lynne, Clara, Evelyn, Virjene, Monique, Mollie, Joan, Catherine, Judith and Merlin — have given new life to those culinary traditions with their recipes.

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WINNINGRECIPES



Pumpkin Ice Cream 1st place

Pumpkins are usually a part of our large vegetable garden and, for my youngest son, a priority. He always hopes for a "larger than before" pumpkin, one that will surpass all records. It's a challenge to find a different way to present this beautiful golden orange fruit. Pumpkin ice cream was timely as a dessert for our Thanksgiving Day dinner. 4 eggs

1¾ cups sugar

1 cup milk

4 cups heavy cream

4 cups puréed cooked pumpkin

2½ tsp. cinnamon

1½ tsp. ginger

½ tsp. salt

¼ tsp. cloves 1 tsp. vanilla or walnut extract

Add sugar to gradually beaten eggs. Continue to beat until mixture is very stiff. Add remaining ingredients and mix thoroughly.

Chill mixture well by placing in refrigerator, ideally overnight. Also chill container that will be used for mixture during churning/freezing. To freeze and ripen, follow directions for your electric or hand-churned ice cream maker. Makes 3.2 imperial quarts.

Mary Chanteloup Glenwood, N.B.



Fiddlehead Pie 2nd place

My family has been farming in New Brunswick on the Tantramar Marshes for more than 200 years. We have always looked for ways to support locally grown products and, in particular, dairy produce since we run a dairy operation. This

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SUMMERCOOKING

recipe was first created three or four years ago by my grandmother Eva Trueman to use up leftover fiddleheads. Since that time, it has become a favourite family dish particularly in spring when fresh, local fiddleheads are available.

Pastry

5 cups flour

1 tbsp. brown sugar

1 tsp. salt

½ tsp. baking powder

1 lb. lard

34 cup water

1 egg

2 tsp. vinegar

Mix together dry ingredients, then cut in lard. Add wet ingredients and stir quickly using a fork. Roll out enough dough to fill a 9-inch pie plate (remainder may be frozen for later use). Bake at 350 °F for 3-5 minutes.

Filling

3 eggs

1 cup milk

salt and pepper to taste

½ cup cooked, chopped bacon or cubed cooked ham

2 cups N.B. fresh or frozen fiddleheads, slightly cooked

1 cup grated cheddar cheese

Beat eggs and mix with milk, salt and pepper. Spread the chopped bacon or ham on the bottom of the plate. Spread fiddleheads and cheese evenly over meat. Pour egg mixture over the plate. Bake at 350 °F until knife comes out clean.

> Katherine Trueman Point de Bute, N.B.

Rhubarb Relish

3rd place

One spring I noticed that my neighbour was constantly checking her rhubarb patch and, as soon as the stalks were big enough, she pulled some. Her house was soon filled with a wonderful aroma. She later admitted to me that she had run out of pickles. That started me making rhubarb relish the first pickling chore of the season. My recipe is a combination of three I was given by friends and is actually quite different from any of theirs.

7 lbs. rhubarb

5 lbs. onions

2 qts. cider vinegar

4½ lbs. of brown sugar (add more to taste later)

2 tsp. salt

1½ tsp. pepper

2½ tsp. cinnamon

½ tsp. ground cloves

1½ tsp. allspice

Finely chop rhubarb and onions and place in a large pot. Add vinegar to rhubarb and onions and cook for 30 minutes. Add remaining ingredients and



cook thoroughly until quite thick. Cook less to retain pieces of rhubarb and onion. Pour hot into sterilized jars. Serve with barbecued meats and fish dishes.

Lynne Perry Lower Sandy Point, N.S.

Pumpkin Bread

I am happy to say I grew up on a farm. Living on a farm has many advantages — we grew a garden every year and pumpkins. These pumpkins were used for jack-o-lanterns and some were made into jams, loaves, puddings and pies. This is my favourite recipe for pumpkin bread which was passed down from my mother.

1 cup white sugar

34 cup cooking oil

2 eggs

1 cup cooked pumpkin

1½ cup flour

1 tsp. baking powder

1 tsp. baking soda

½ tsp. salt

2 tsp. cinnamon

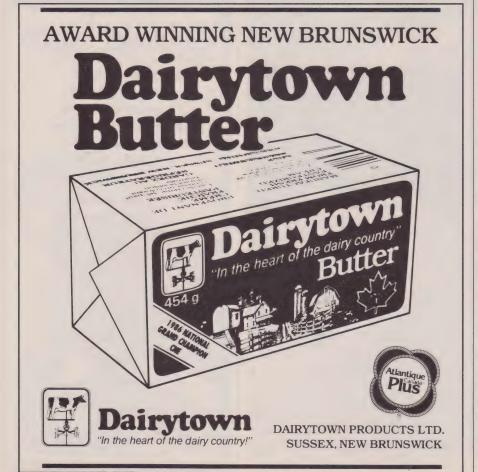
34 cup raisins

Cream together sugar and oil. Add eggs and beat well. Add pumpkin. Sift together dry ingredients and mix with batter. Add raisins. Pour into a greased loaf pan and bake at 350 °F for 1 to 1½ hours. Cool before removing from pan.

Virjene Cole Kensington, P.E.I.

Yam and Ham

Part of the goodness of maple syrup is in remembering the many trips to the Cumberland County sugar woods in early spring — smelling the hot sap, watching the flames leap as the woodfires were tended, the noon meal at a long, rough camp table followed by sugaring off,



GREATER MONCTON BUSINESS REPORT 1988

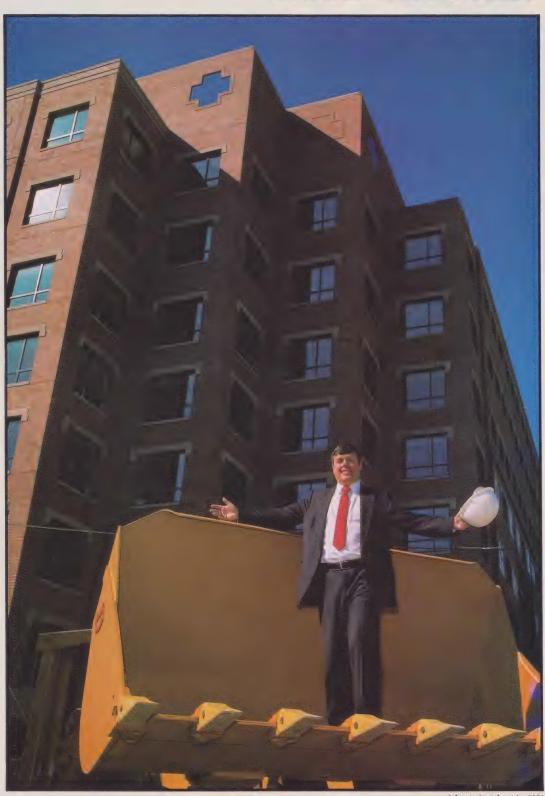
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JUST MINUTES FROM MONCTON

HE SURGING WATERS OF THE Bay of Fundy, rocks and caves carved by the relentless power of the tides... Sandy beaches at Shediac, sailing and sunbathing, lovely warm water lapping at feet and sand castles... Tidal marshes at Kouchibouguac rich in bird life, wind rustled grasses, uncrowded paths and bicycle trails... White water streams and gentle rivers to paddle on, trout or salmon snapping a hand-tied fly at the end of a line.

Country inns and country quilts... Unexpected treasures at a farm auction... Poster beds and just-made biscuits served for breakfast... Harvest dinners and heritage celebrations... Covered bridges and sites where events changed history... A steam locomotive with vintage cars that take you back in place and time, hot air balloons filling the sky...

Fresh caught, fresh cooked lobster so sweet butter would spoil it... Fiddleheads taken from the warm moist earth in early spring, just as they are about to uncoil... Strawberries and raspberries from U Pick farms... wild blueberries filling buckets — and pies... just minutes from Moncton.

REATER MONCTON BUSINESS REPOR

MONCTON NB SHARE THE SUCCESS

Publisher: David Hawkins Editor: Susan Day Fuller Art Director: Jim Hudson

Art Assistants: Lorrie Bell Hawkins, Darrell Munro Advertising Sales: Carol Chapman, Lisa Morris

Photography: Rod Stears

The collaboration and assistance of Paul Daigle and Peter Belliveau of Moncton Industrial Development Limited is gratefully acknowledged.

Produced by: Hawk Communication Studios, Moncton, New Brunswick

Published by: Hawk Communication Studios, 3 Squire St., P.O. Box 1416, Sackville, New Brunswick EOA 3CO (506)536-3241 Contents copyright © 1988 by Hawk Communication Studios Incorporated. May not be reprinted without permission. Printed in Canada.

MONCTON IS BUILDING FOR THE FUTURE

The business community and the City are actively committed to Moncton's success today and in the years ahead.



HE CITY OF MONCTON IS ON THE move! In 1987 the value of building permits issued was an unprecedented \$78 million. This represents an increase of 260 per cent over 1983 and 50 per cent over 1986, the year which set an all-time record for the value of construction approved.

Other statistics tell the same story. In '87 there was an impressive increase of \$158 million in the City's property assessment base and total real estate sales in Greater Moncton in 1987 were nearly \$70 million—up 8 per cent over the previous year, which itself set a record. And, the province of New Brunswick is leading the Atlantic region in economic health.

These trends give every indication of continuing throughout 1988—and we believe well into the years ahead.

This growth is solid evidence of the faith of the people in the business community in Moncton in their own, and the community's, potential and ability to succeed.

It is taking place in all sectors of the economy and is well-distributed throughout the community—in the downtown core with the anchor \$30 million Blue Cross Centre, at Magnetic Hill, where the City, to date, has invested nearly \$20 million in its major new tourism park complex, and in our two Industrial Parks. New businesses are opening, established businesses are renovating or expanding all around the city.

In the past editions of this Business Report, the first focused on the revitalization of our downtown, the second on major new business initiatives underway. Because the attitudes of people in a community are the key to that community's success, in this edition we have asked nine individuals to share their ideas and impressions about being in Moncton.

These people represent a broad crosssection of types of business. Some are native sons and daughters, some have left Moncton and returned, others are relative newcomers. Their spontaneous comments cover topics that range from particulars of why they feel Moncton is a good place to do business to some of the reasons they and their families enjoy living here.

We hope that their ideas and information will encourage you to consider Moncton as a location to do business. We invite you to come for a visit and talk to us about all the possibilities here.

The people and the City are actively committed to building for the future—and we enthusiastically invite you to Share the Success!

CEORCE DIDEOUT

GEORGE RIDEOUT

Mayor of the City of Moncton.

MONCTON HAS PROVEN INVESTMENT POTENTIAL

Recent initiatives include large retail and commercial complexes as well as numerous entrepreneurial ventures.

RT BUCK IS DIRECTOR OF COMMUNity Services for the City of Moncton. His responsibilities include the city's parks such as Centennial Park, which features a wide range of family activities during all seasons of the year, and the Magnetic Hill Tourist Development Park, the first phase of which opened during the summer of 1987. The 350-acre site presently includes the original Magnetic Hill and Game Farm, Magic Mountain Water Theme Park and the Wharf Village Shoppes and Restaurants. The Magnetic Hill facility is the largest joint venture tourism/recreational complex of its kind in Canada.

"From comments I'm hearing from all across the country, Moncton has become a 'destination city.' Not just in Atlantic Canada, but in Ottawa, Vancouver, Edmonton, there's a strong attitude about Moncton that 'You folks have done something right.' The attitude when thinking about this city for business is 'Certainly Moncton!'

There's also a very positive feeling about Moncton as far as holding conventions or sports events or tournaments. Spouses and families are happy to come too, because they say there are more things to do here.

For a long time Moncton has also had a great after-convention response from people who have come here and gone home and talked about how warm and friendly the residents are; they were made to feel at home. Delegates don't always leave with that kind of feeling about where they have been.

Part of it is that we have a beautiful lifestyle here. We're within sixty miles of two very distinct national parks-the rugged majesty and cold water beauty of Fundy Park and the warmth and romantic tranquility of Kouchibouguac Park. Plus with our total cultural mix, we've got a real metropolitan atmosphere.

In terms of business, there's a positive climate that has developed about Moncton. Atlantic Wholesalers wouldn't have built the first Real Atlantic Superstore here if they weren't pretty sure it would be a success.

When Magic Mountain was being built there was some scepticism about whether



there would be enough people to use it. We said we know it will work, we know people will come. At the end of the season, after we had 142,000 guests there, and exceeded attendance projections, one of the principal investors conceded, 'You told us this is what would happen.'

Now that Magic Mountain justifies and

MONCTON HAS A REPUTATION ACROSS CANADA AS A 'DESTINATION CITY.'

substantiates our claim, we can confirm that the investment potential is there.

For investors, the traditional measuring stick is looking at the population within one hundred miles. In addition to a substantial population, from a development point of view we already have a unique attitude of acceptance established-that's the key.

Last year, we had 830,000 people enter through the Covered Bridge (the main entrance to the Magnetic Hill Complex). Our very good weather was a big help, but for times when it might not be, you build facilites for rainy and cold days—and they're not nearly as expensive to build as the water

We've just scratched the surface of the potential of what is going to happen there. About half-a-dozen projects are now under

investigation and evaluation.

The whole area is just not going to stop. Private groups and individuals are also considering a number of projects on the surrounding grounds and this means there's potential for all kinds of support enterprises.

There's lots of room for new business in Moncton and the list will just keep growing. The next two to three years are going to be very exciting here. I can't think of a better place for investors to put their money. There's a very bright feeling, an acceptance level, and people who are willing to partake of the amenities here. I think it's higher than anywhere else in Canada.

I also feel very strongly about wanting to live in Moncton. Our people are great. I like the mixtures of climates and I get claustrophobic in cities in central parts of Canada. I like to know that the water—the sea—is out there, not that far away."



The City of Moncton's two industrial parks, with a wide range of tenants, are the most successful in New Brunswick.

THERE'S STILL PLENTY OF ROOM FOR GROWTH

Moncton is the centre of one of Canada's top ranking retail markets.

ITH HER HUSBAND STEVE, JUDY Jacobson owns and operates Maritime Frame It, Studio 14, a gift boutique and art gallery located in the heart of the revitalized centre of Moncton. The Jacobsons were among the first downtown merchants to take part in the Facade Improvement Program. Jacobson is also Past-President of the Board of Directors of the Moncton Museum and a founding member of the Arts Centre Commission, which is aiming for the completion of the city's art centre in 1990, the centennial of the founding of the city of Moncton. The Jacobsons are residents of the city core.

"I grew up in Moncton and have lived in other places, but family ties brought me back to this part of the world. We bought an existing building and have been in that same location for the past eight years. And we've been part of all the growing pains—and now all the pleasure of doing business in the downtown area.

The appearance of the downtown has improved so much. It's pleasing, interesting, enjoyable. I think the Christmas lighting display that was purchased by the City and the Central Business Development Corporation is one of the finest I've ever seen. And now there's so much more foot traffic. But there's still plenty of room for growth, too—for boutiques, smaller stores.

People go out of their way to come downtown, and they expect something different than what they get at the malls.

Because of the different services we offer, including custom framing, we get an interesting mix of customers. We've realized, for example, the Université de Moncton has a marvellous impact on the city because professors and students come to Moncton from around the world — they add a cosmopolitan element to the city. Specialized, personal service is what we offer, and we've made good friends that way.

There's a real spirit of cooperation among the downtown business owners. It's really a sense of wanting to see new owners succeed and do well too, because the more stores that open, the more there's a sense of this being an 'outside mall,' — and the better all will do.

Everyone downtown is excited about the impact of the Blue Cross Centre and the new restaurants that are opening, because they will bring more people downtown, too.

The Art Centre will be a great plus. It's definitely something that's been lacking and

studies done by consultants show the time is right. It's going to be a real service to the community too—available to local groups of all sizes and interests.

I'm really enjoying working with the 16 people on the commission. They all have a very positive attitude—and there's such a strong feeling of wanting the project to succeed. I feel most privileged to be involved.

At one point Steve and I considered putting the shop into a mall and decided against it. I just like to be downtown to look out and see people—it's a whole different feeling. But there are some real differences in being in business downtown. You have some of the same basic expenses as a person in a mall location, but I think you have more independence and you have to be more adventuresome and make a special effort to get customers' attention—using very creative advertising, for example.



As far as living downtown, there's lots of good solid growth—older homes being renovated as well as new residential properties such as the Queen's Court condominium complex. I also think it's significant that the residents of the city centre insisted, and City Council agreed, that the Edith Cavell Elementary School would be rebuilt on its site after it burned down.

The renovation of Heritage Court and Marven's, the old biscuit factory, are good signs too. If the city centre is working, the whole city is working."

The Power ToAttract agnetic Hill has long been internationally famous and is one of Canada's most popular natural tourist attractions. Now, the 350-acre Magnetic Hill Tourist Development Park is a major initiative of the City of Moncton to create a world-class tourism and entertainment complex. The New Magnetic Hill will be Eastern Canada's most exciting and varied vacation/ recreation destination. There's still plenty of opportunity for your investment participation. Moncton's New Magnetic Hill has: Proven Potential -☐ More than 830,000 visitors in 1987. □\$50 million planned complex. ☐ Backing of municipal, provincial and federal governments. ☐ Financial involvement of successful international developers. Opportunities for future investment -Major components still open for development include the \$9 million Family Theme Park and a \$10 million Accommodation Village/Resort. Development of a \$1.5 million Obser-☐ Business potential in areas surrounding the park. The City of Moncton invites you to Share the Success! For further information contact: Art Buck Community Services Department 100 Westmorland Street Moncton, New Brunswick E1C 5B2 Telephone 506-853-3516

WE CAN GET AN ORDER AND SHIP THE SAME DAY

OGER RIEL IS MANAGER OF THE Moncton branch of Kuehne and Nagel International Ltd., which provides public warehousing and distribution services. Riel moved to Moncton about a year ago following 15 years in Montreal. Kuehne and Nagel is located in the Moncton Industrial Moncton is linked by road, rail and air to markets across Canada, in the US and off-shore.

Park, one of two industrial parks operated by Moncton Industrial Development.



"Kuehne and Nagel is here because of Moncton's location at the centre of the Maritimes. We can ship from here to the entire region at a very reasonable cost.

Business has increased a lot and is certainly good. We recently expanded the warehouse by almost 100 per cent and increased our staff by more than a third and we're almost at capacity again!

The major portion of our business is white and brown ware—home appliances and electronic equipment-for Sears Canada, and Kuehne and Nagel is here in Moncton because this is where Sears and our other national clients want us to be.

We like being situated in the Industrial Park-and being among companies with similar or related interests. A big plus is that we don't have to wait long for a trailer if we get an order for a delivery. The transport companies can have a trailer here in five to ten minutes so we can often take and ship orders in one day.

Being part of the Industrial Park Association is good, too. When I first came to KN here, I had a question about a municipal tax bill. I just called one of our "competitors" down the street who helped me understand

When my family and I came to Moncton we liked the idea of coming to a small town because though we lived in Montreal for 15 years, we were originally from a small town. In a small town you get to know people very easily because once you meet them, you usually see them again very soon.

It's nice for our daughter, who's seven, because she can safely walk or ride her bike to school, and the French immersion programs are good.

There's also a nice interchange of people here—coming from places like Montreal and Toronto. When I first came down, being from Quebec I wondered 'How am I going to fit in?' I was concerned about my ability to adapt and to be accepted.

For people coming from Quebec the English and French mix makes Moncton very attractive. Moncton certainly is the most bilingual place in the Maritimes. Fitting in was really easy."



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MOUNT ALLISON UNIVERSITY



Margaret Norrie McCain Chancellor, Mount Allison University



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Office of the Chancellor Margaret Norrie McCain

The strength of a community is reflected in the strength of its institutions.

Ever since Mount Allison University was founded, almost 150 years ago, its roots have been deeply intertwined with the life and traditions of Atlantic Canada. Through all that time, the privilege of initiating successive generations of young men and women to the thoughtful study and application of human knowledge has been our greatest trust. The contributions of our graduates to the community around us — in business, the professions, the arts, and public life — have been our greatest rewards.

The quest for excellence may lead in unexpected directions; but today, on the brink of our sesquicentennial anniversary, Mount Allison greets the challenges of change fully determined to preserve our humane heritage of scholarship and service.

It gives me genuine pleasure and satisfaction to join with our president, Donald Wells; the chairman of our Board of Regents, Purdy Crawford; the chairman of the Board's Executive Committee, Roderick Bryden; and all the members of our university community; in a reaffirmation of Mount Allison's commitment to the service of learning in the Atlantic provinces, in the rest of Canada, and wherever Allisonians may travel in this world.

Margaret Norrie McCain
Chancellor



Donald O. Wells, B.Sc., M.Sc., Ph.D. President Mount Allison University



Purdy Crawford, B.A., LL.M. Chairman, Board of Regents, Mount Allison University & President, Chairman of the Board and Chief Executive Officer, Imasco Ltée.









BUSINESS GROWTH IS STEADY AND SECURE

Local and regional companies as well as regional offices for national firms and government agencies are headquartered in Moncton.

ARILYN PURDY IS CO-OWNER OF the Century 21 K & J Realty franchise with Shirley Fillmore. Purdy has lived in the Moncton area for 30 years and has co-owned the company for eight years. K & J recently moved into a newly renovated and modernized building. Purdy is the 1987-88 president of the Moncton Real Estate Board, which helps sponsor over 50 community organizations such as the Blood Donor Clinic and Head Start.

"Moncton has an exceptional variety and range of housing and prices, from \$25,000 mini-homes to \$400,000 executive styles. The atmosphere is great—a safe, happy environment—a good place for children to grow up. And as far as real estate is concerned, as far as I know, no client has ever had a serious loss; there is usually a modest gain.

In terms of business, Moncton has been good to me. I don't know if I could have done this in another city. One of the positive keys is that growth here is slow and secure—the peaks and valleys are so small compared to other places, so there is less risk-taking in being in business here.

I know a number of successful business people and for small businesses, the biggest plus is the stability. If you manage well and do a good job reading the trends, you can be optimistic that the growth will always be there.

There's a core of business people who are very enthusiastic. I've received great service from all the support functions I need, like legal, insurance, cars, office furniture. You can also get good financing and have good relations with lending institutions.

I've been treated fairly and honestly. In a community the size of Moncton you're known all over. You recognize names and if people have good reputations they rise to the top—and you feel good about working with them.

The City is also highly cooperative, and looking for the best for the community. They have an eye on the future—and there is lots of growth potential.

I wouldn't want to live anywhere else. I have a great life with my husband and children. We like to sail and you can work until 7pm and because you're only 20 minutes away from your boat, you still have time. Downhill skiing is only one or two hours away.

For people who move to Moncton, I definitely suggest that they take up a winter sport, because winter is long here. But things like cross-country skiing are terrific. Fundy Park in winter is wonderful!

Having grown up in Moncton I've built up friendships over the years, and one of the nicest things about being in Moncton is that people are open and friendly, and people who are new to the community are readily accepted, too.

Finally, the people in the community, including the business community, are very helpful and generous. When the Real Estate Board asks for volunteers for a community project, we have no trouble getting them with just a few phone calls."

U de M IS OPENING MONCTON TO NEW OPTIONS

Moncton has a well-educated, well-trained workforce.

R. LOUIS-PHILIPPE BLANCHARD IS the President of Université de Moncton, the largest French-language university in Canada outside of Quebec, with some 6,000 students and 20,000 graduates. This year the university is celebrating its twenty-fifth anniversary. Blanchard, who

grew up in Moncton, recently returned from Quebec City.

"I can see that Moncton is the only city in New Brunswick that has the potential to become a truly bilingual city. It's a microcosm of what Canada is all about, something special—and the university is the heart of it all. Moncton is *le bastion de la francophonie dans l'Est*; the U de M is the anchor point of French culture in Eastern Canada.

U de M students have something extra—we're doing a fine job and we're opening Moncton, New Brunswick, and Canada to new options.

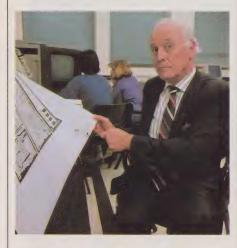
We have a pool of expertise as well as a number of programs and research centres that are being used by companies, institutions and government organizations locally, throughout the province and in fact across Canada, as well as on the international level. Our Research Centre on Food Sciences is developing programs for the fishing and food processing industries, for example.

We have the reputation of ranking second in law schools in Canada in terms of quality of teaching, graduates and evaluation. Our Law School Translation Centre helps business with judicial terminology and translation.

We have a Research Centre on Administrative Science, our Technology Manufacturing Centre has a CADMI program—computer assisted design and manufacturing. Our Canadian Research Centre on Regional Development and our computer assisted

high-technology translation program are very well-respected.

We recently announced the establishment of a \$800,000 chair in International Marketing. It will help bring New Brunswick into la Francophonie, the new international business community of French-speaking nations, as it is now part of the Commonwealth.



Our graduates are succeeding well across Canada and even in the United States, and they are carrying the message about the university—and Moncton—with them.

The university is a focal point in Moncton in many other ways than just academic. We help make Moncton more dynamic and at-

tractive as a community.

Some of the faculty and staff of 700 come from cultures other than Canadian Francophone, and represent many different groups, which helps bring a new dimension to the community, as well as the university.

Because of U de M, Moncton is well on its way to becoming a full-fledged 'university city' and will continue to develop significantly as such in the *next* quarter century.

The campus plays host to a wide variety of conferences and scientific programs, bringing experts and their expertise to the community. We also boast a sports centre which is unique in Eastern Canada, an original and well-furnished museum of Acadian artifacts and a gallery of modern art. We sponsor a large number of special events, such as concerts, plays, sports events to name but a few.

As part of our anniversary theme, 'Building for the future,' we are revamping a lecture auditorium on the campus into a small concert hall. Next year the university will be proud to house a string quartet in residence. U de M is also heavily involved in arts and cultural projects in the community. Our professors act as advisors, for example, to the new Arts Centre Commission. We are behind the city and we are part of it.

I was raised in Moncton. In fact where the university stands today, was blueberry fields then, and I can see lots of changes.

The Université de Moncton is adding to the richness of Moncton. *Nous faisons la* différence!"

THERE'S LOTS OF BUSINESS ACTIVITY HERE

Comprehensive financial, marketing, insurance and supply services are available in Moncton.

DDY BOUCHER IS PRESIDENT OF Quality Woodwork Ltd., a manufacturing company which produces custommade kitchen cabinets, complete laboratories and industrial furniture for banks, schools and hospitals.

Boucher, who has a degree in business administration, grew up in the Moncton area, and is first vice-president of the Moncton Northeast Construction Association.

"I started in this location five years ago with 6,000 square feet of space. I now have about 25,000 square feet and could use more. All our manufacturing is done here in Moncton and there are several reasons why Moncton is a good location for us.

Of course the map speaks for itself. Moncton is so central. For receiving raw materials and then distributing our finished products to PEI, Nova Scotia and the North Shore (of New Brunswick) the cost of supply and distribution helps me offer a good pro-

duct at a good price.

Moncton's bilingualism and the fact that it is close to Quebec is important too because in the wood industry the province of Quebec is very powerful.

Another reason our location in Moncton is good is that Moncton is where there is lots of activity. Last year, for example, there were 32 openings of tenders for bids on projects like hospitals and schools. Of those, 27 were called here in Moncton.

There are also lots of architects and engineers here. In order to develop and sell our product, we have to work in close contact with the architects and engineers on these big projects so it's important they're close by.

I think Moncton's closeness to the Northeastern U.S. is good, too. We've had one project in New England and are expecting to do others. Because of the exchange rate, selling our product in Boston is almost easier than selling it in Halifax!

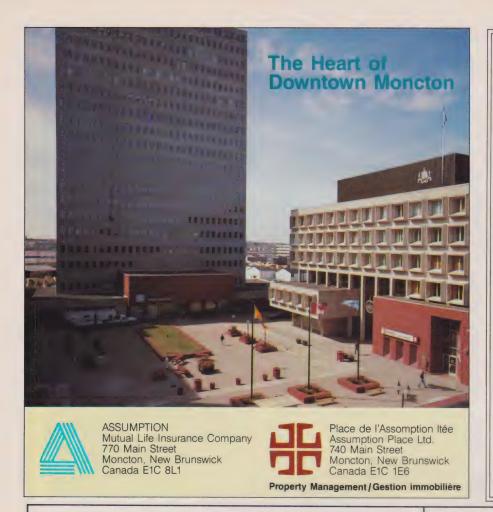
I also find that because regional head offices for services I need such as banks, are here, the decisions are made much more quickly. We don't have to wait for approval from strangers from far away.

I've lived in this area all my life so I guess I take some things about living here for granted. But I do know that when I meet



people who have visited Moncton from Ontario or Montreal or the Northeast U.S., they seem to have good feelings about their stay here — and remember it.

I think Moncton is a place to be proud of!"



HIGH TECH COMMUNICATION FROM MONCTON IS EASY

State-of-the-art data processing services and equipment link business in Moncton, across Canada, and beyond.

ETER BLACKMAN IS PRESIDENT OF Datacor Atlantic, Inc., which is the largest data processing centre in Atlantic Canada. Datacor will be a major tenant in the new Blue Cross Centre, scheduled to open in October 1988. The Centre, a \$30 million project of Blue Cross of Atlantic Canada and Bruncor Inc, the parent company of NBTel, will be a state-of-the-art office complex specially constructed for utilization and flexibility of high-tech telecommunications systems. Blackman is originally from London, England.

"I came to Moncton about two years ago from Toronto and to be honest, I was ex-



There is a lot in it for you!

Membership in the Greater Moncton Chamber of Commerce means having a say in our community's future. means activity, affecting change and making a positive difference toward economic in our region. growth Membership means business contacts, seminars, workshops and surveys--keeping business people informed. Drawing on the knowledge, experience, talent and energy of our community, the Greater Moncton Chamber of Commerce then puts it all to work for you.

> 236 St. George Street, Suite 110 Moncton, N.B. E1C 1W1 (506) 857-2883



tremely pleased to 'escape.' The atmosphere in Moncton is great; people are friendly; everyone tries to help. And I'm a sailor, so being so close to the ocean is a real bonus.

I've *never* seen anything like Fundy and Kouchibouguac National Parks. They're tremendous natural resources. At Fundy you can play golf among herds of deer! You'll not find that on very many golf courses anywhere.

The quality of life is very good. All facilities are provided. I like the bilingualism, biculturalism. I think that's especially important for families with children.

The cost of living is relatively low, property taxes are reasonable, house prices are good. In fact, somebody from Toronto can move here literally debt-free if they sell their home there and buy one in Moncton—and, in fact, their standard of living goes up.

The clean air here is another tremendous asset. There's no smoke-stack industry here now and I think we should keep it semi-industrial.

I really believe the quality of life in Moncton attracts intelligent people.

Moncton is a very good regional centre for doing business in the Maritimes; it's centrally located, and because Datacor is interested in communications with the Atlantic Provinces, it's very easy.

To ensure that there are people in the Maritimes with knowledge of computerized systems, we're working with New Brunswick Community College to provide computer accounting courses.

Anyone that wants to set up high-tech functions can do it very easily in Moncton."

4 Lindsay



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Canada's largest French language university outside Québec



UNIVERSITÉ DE MONCTON

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atacor uses IBM's Patient Care System (PCS) to provide a complete, fully integrated health care information system linking admissions, patient treatment units, medical records, ancillary departments, and the business office. The result is a system which gives timely, accurate and complete information to help reduce expenses, make more efficient use of human resources, and improve productivity. PCS is a family of on-line, interactive applications.



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eadquartered in Moncton, NB, Datacor Atlantic is the largest data processing centre in Atlantic Canada and one of the 50 largest IBM installations in Canada.

Datacor's 'complete service approach' to meeting the customer's needs consists of using state-of-the-art hardware and software from IBM, the world's leading information technology company, the latest in telecommunications technology, highly-skilled technical resources, and thoroughly trained implementation staff.

Whether your firm is small or large we can tailor a service to meet your needs and, as your firm evolves in size and complexity we'll be right beside you to help you meet and exceed future demands.

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- network services
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- management systems
- patient care systems
- * office systems * point of sale systems
- electronic banking
- systems
- * manufacturing systems

PERSONAL SERVICE IS IMPORTANT

Greater Moncton has a population of about 100,000. Thirty per cent list French as their mother tongue.

ON BOWMAN IS THE OWNER OF Harvey's Travel in association with P. Lawson Travel. He was born in Moncton, left the city, has travelled worldwide and decided to open his own business in Moncton, rather than accept a transfer to another city. Bowman is also Chairman of the Greater Moncton Chamber of Commerce's Air Services Committee.

"I sense a real, positive attitude in the business community here in Moncton. That's not to say we didn't have problems a few years back, but that was not just a Moncton problem—it was happening everywhere. We've gotten over that and in fact, New Brunswick is doing better than other provinces in Atlantic Canada.



It's an exciting time to be in business in Moncton, in the travel business especially and there's lots more coming down the line.

The new services offered by Air Atlantic and Air Nova in the past year and a half are a real benefit. In addition to putting us in more contact with Montreal and Toronto and points west, the flights to Boston also provide a nice connection mix with worldwide destinations. And now we have the additional benefit of the new Inter-Canadian Service to Montreal and Toronto.

Moncton is developing into a bit of a hub on its own as a passenger centre, not just competing with Halifax. Geographically we're only a two to three hour drive from a market of over one million population and the Moncton Airport facility is one of the best in Canada, not just Atlantic Canada.

That's one of the reasons the airport is coming on stronger and stronger every day as an air freight centre. There's tremendous activity by the various courier services who fly in and out of Moncton and use it as a central point for transfers, mixes and redistribution. It makes sense these days for the movement of small parts for high tech industries and also enables companies to provide supplies or parts to customers quickly without having to maintain large inventories here.

Another exciting development that's in the works is that Air Canada is looking at having scheduled cargo service with a cargo freighter, not just as part of their passenger service.

That cargo service would be very important for fish producers, packers and people who market fresh produce. They would be able to fly their goods directly into Montreal or Boston-it would put them in a very competitive situation.

There are lots of good features of doing business in Moncton. The French and English get along very well. The Université de Moncton is a tremendous asset in what it has done for the community and our culture. It has brought a level of excellence we didn't have before, including resource people to our Chamber of Commerce and other organizations.

I'm a Monctonian through and through and I love it as a place to bring up my family. Where else could you enjoy three distinct activities in three very distinct areas in three days-a day at the cottage picking berries, the next day at the beach. One of our bestkept secrets are our beaches. How many people know about how uncrowded they are and that the water is the warmest north of the Carolina's? On the third day I can be sailing on Tignish Bay.

Finally, I've found a community spirit here that's not found elsewhere. The community supports itself. The Moncton Hawks, for example (an AHL team) weren't doing very well at the end of the season but thousands of fans turned out for the last game anyway, just

to show their support.

It's refreshing to do business in Moncton. Because of the size of the city, I can make 14 calls in a day here, while somewhere larger, I might make only seven. Doing business is fun here, but it is not easy. Because there is a smaller population, consequently a smaller market, there are fewer opportunities-and you have to do better. Here you do business because you know your clientele; you take time for people. Personal service is still important.

Success in business in Moncton does not come without lots of hard work—but it does come—and we have all the other things and especially a very genuine positive feeling."



FACILITIES FOR BUSINESS ARE HIGH CALIBRE

The city has quality hotels, restaurants and night spots, and the largest coliseum-agrena complex east of Montreal.

ALE DALEY IS REGIONAL EXECUTIVE Vice-President for the Atlantic Region of Shoppers Drug Mart, which has 97 franchises throughout Atlantic Canada. Shoppers Drug Mart chose Moncton because it was located at the geographic centre of the area of a chain of stores it had purchased. Daley, a native of Bathurst, New Brunswick, has lived in Moncton with his family for eight years. In 1987 Daley was Campaign Chairman for the United Way of the Moncton Region Inc.

"Moncton is a good all-around place to live. It has all the advantages of larger areas, but none of the hassles. I can drive home in three to four minutes-and if there's a traffic jam, it takes five minutes.

At one time we considered moving our regional headquarters to Halifax, but none of the families wanted to leave Moncton. Children can be involved in all kinds of activity they want and be able to get to and from them easily.

The cost of living is another definite plus here, and people can be comfortable in both official languages.

From a business perspective, Moncton has high calibre facilities and quality accommodations. Shoppers Drug Mart has quite a few conventions and regional meetings and we're able to get any equipment we want or

OVER EIGHTY YEARS OF COMMITMENT TO ATLANTIC CANADA

IN A WORD HRVICH

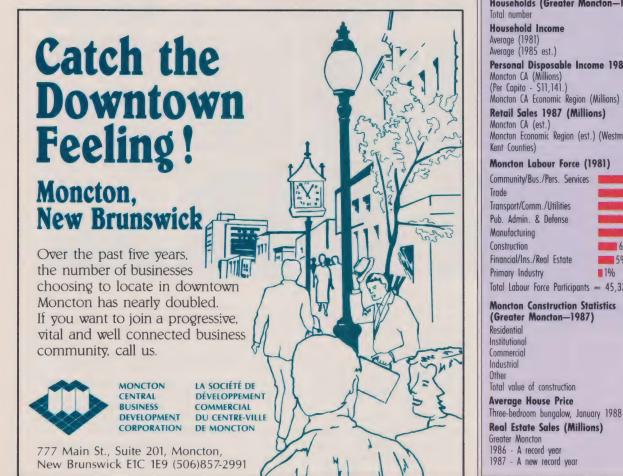
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need for professional presentations.

The new service from Air Nova, Air Atlantic and Inter-Canadian is a major advantage. They have really increased the flights to be efficient and effective. It's helping Moncton be exposed to the rest of Canada.

As a company, Shoppers encourages its employees to be involved in sports and recreation—in fact, about 80 per cent of the employees here are-and we've found that a person can find everything he or she wants in the Moncton area. Five of the people on our executive committee are skiers and they can get to a slope in no time. A very special plus in living in Moncton is our closeness to the Restigouche and Miramichi Rivers, which have some of the best salmon fishing in the

As far as my involvment in the United Way is concerned, I find that people here are willing to give lots of time to volunteer activities. The community is generous with funds, too. We were well over our fundraising goal at the end of this year's campaign.

Moncton has everything any other place has to offer and lots of positive features. I can think of no better area to have a regional

MONCTON FACTS

Population (1986)	
City of Moncton	55,468
Greater Moncton Census Area	102,084
Households (Greater Moncton—1986) Total number	34,740
Household Income	34,740
Average (1981)	\$22,618
Average (1985 est.)	\$27,500
Personal Disposable Income 1987	
Moncton CA (Millions)	\$1,140.1
(Per Capita - \$11,141.) Moncton CA Economic Region (Millions)	\$1,723.2
Retail Sales 1987 (Millions)	71,720.2
Moncton CA (est.)	694.0
Moncton Economic Region (est.) (Westmorland, Albert,	888.5
Kent Counties)	
Moncton Labour Force (1981)	
Community/Bus./Pers. Services	30%
	22%
Transport/Comm./Utilities 16%	
Pub. Admin. & Defense	
Manufacturing 10%	
Construction 6%	
Financial/Ins./Real Estate 5% Primary Industry 11%	
Total Labour Force Participants = 45,335	
Moncton Construction Statistics	
(Greater Moncton—1987) Residential \$4	1,016,541
***	1,138,628
	,284,198

Total value of construction

1987 - A new record year

5,513,400 524,278

\$72,500

\$64.

\$121,477,045

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Opportunities Agency (ACOA)
will be investing more than \$2 billion in the future of Atlantic Canada, in the ideas and abilities of
Atlantic Canadians. We'll be creating and implementing development programs to stimulate
small and medium-sized business.

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If you have a good idea that fits into one of these eligible categories, we have representatives who want to hear the details: agriculture (except farming), aquaculture, commercial research and development facilities, freight forwarding, logging, manufacturing, mining and related services, business service industries, other service industries, storage and warehousing, tourism, and repair and maintenance services.

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IN ATLANTIC CANADA THE FIRST THREE RULES OF SUCCESS ARE: LOCATION



Location for innovative manufacturers like Ocean Optical Ltd.



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The hub of the Maritimes. Check the map and you can see how well Moncton is positioned at the centre of the region. Which makes it the logical hub of regional transportation, distribution and communications.

The Globe & Mail recognized this when they located their Atlantic edition printing facility in Moncton.

Moncton's rail, road, air interface is the central link in a continent-wide network.

Move right in. Opening your business in Moncton NB puts you in some very good company. The head, and regional head offices, of a number of major corporations enjoy the location advantages of Moncton NB.

New Brunswick's most successful industrial parks are located here. A downtown renaissance has created a dynamic new look and a highly positive attitude

plus a variety of modern office space.
 With 100,000 sq ft, the Moncton Coliseum/Agrena is the largest trade show facility in Atlantic Canada.

Moncton NB is further developing its enormous potential as a tourist destination, with a \$12 million development at the famous Magnetic Hill site including a huge water theme park.

The living is easy. Moncton NB is a city with roots and traditions. Families have lived here for generations. A complement of educational, cultural and community services is already in place. Among other things, this provides an available, stable workforce.

Moncton is a *highly* desirable place to live.

Find out more, call or write Paul Daigle, Moncton Industrial Development, 95 Foundry Street, Moncton, NB, E1C 5H7, Telephone 506 857-0700.

Location, location, location... that's Moncton, NB.



Location for Blue Cross Atlantic and Bruncor's \$30 million joint venture in downtown Moncton which will house Datacor Atlantic — the most sophisticated computer centre in the region.



Location for the head offices of companies like Assumption Mutual Life.



MONCTONNE

Paul Daigle, MONCTON INDUSTRIAL DEVELOPMENT, 95 Foundry Street, Moncton, NB E1C 5H7 Tel: 506 857:0700

SHARE THE SUCCESS

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Address.

_ Company

SUMMERCOOKING

lifting the long, sticky ribbons of maple taffy from the snow and getting stickier by the minute. I hear all of the laughter again when I pour out the maple syrup, this time in my own kitchen. I still taste the food in the sugar camp — big hot biscuits, crusty home baked rolls, pitchers of maple syrup, corned beef hash, ham and pickles.

1 ham slice, 9-10 in. long and 1½-2 in.

thick

1½ cups flour ½ cup dry mustard water to make a paste

2 cups Nova Scotia maple syrup

6-8 yams (sweet potatoes)

Trim fatty rind from ham, saving about one teaspoon. Chop this fat into small pieces to add to ham as it is baking. Slit edge of ham slice in a few places so that it will not curl in the pan. Place ham in a large, heavy skillet, covering bottom of pan with water. Cover and heat until water reaches boiling point. Reduce heat and simmer ham for 10 minutes. Add more water if necessary to prevent meat from scorching. Drain water and rinse ham in hot water.

Make a paste with flour, mustard and water and spread over ham. Bake for ½ hour in a 350 °F oven (temperature may vary depending on pan and oven). Lift off paste and pour maple syrup around the ham. Top with parboiled sweet potato slices and cover pan. Bake for another 15 minutes. The heat may be turned up, if watched carefully, to thicken the syrup.

Catherine Blenkhorn Cumberland County

Tomato Chutney

This recipe has been in our family as long as I can remember, which is close to 60 years. I proudly possess the original recipe card, written in my mother's hand, spotted with tomato and yellow with age. I don't know where she obtained the recipe, but I suspect she developed it herself.

This was the favourite pickle of everyone in the family, including my father, the late George C. Nowlan, who was MP for Digby-Annapolis-King's. In the early years of my father's tenure in the House of Commons, when my mother stayed at home in Wolfville to look after the children, she would make several batches of this pickle and give it to him to take back to Ottawa. Later, when she joined him in the capital city, my mother would make the pickle in the kitchen of their apartment but it did not taste the same without Annapolis Valley apples and tomatoes. One of their close friends arranged to have Valley produce sent to Ottawa so that the chutney could be properly made. These days I give a bottle of the chutney, from time to time, to my brother, Pat Nowlan, MP for Annapolis Valley-Hants, to take to Ottawa with him.

5 lb. ripe, red Annapolis Valley tomatoes 4½ lb. of ripe, tart Annapolis Valley apples

5 cups white sugar 1 cup cider vinegar

2 tsp. mixed pickling spice

1 tsp. whole cloves

Make a spice bag using the pickling spice and cloves. Peel and cut the tomatoes, press overnight. In the morning, pour off the juice and add the apples which have been peeled, cored and sliced. Simmer with sugar, vinegar and spice bag, cooking down until thick (about 1½ hours). Remove the spice bag, pour into hot, sterilized jars and seal. Makes about 6 pints. Delicious served with baked beans, sliced cold meat or fish.

Clara Nowlan Jefferson Wolfville, N.S.

Evelyn's Banana and Cranberry Muffins

I have always been interested in cooking. To me it is a creative outlet. When I find a new recipe I read it over and over to savour in my mind the combination of ingredients. If I find it pleasing I will eventually try it and am rarely disappointed in the end result. I have often said that I believe I make more muffins than anyone I know. What is nicer than freshly baked muffins to make breakfast more interesting or mid morning break or afternoon tea? This particular recipe is my own invention. I particularly like it because the bottoms have a delightful, delicate crust.

1/3 cup sugar
1/3 cup cooking oil
1 egg beaten
1 medium banana
1/2 tsp. vanilla
1/2 cup all bran
1 1/2 tsp. cider vinegar
1 tsp. soda
1 cup plus 2 tbsp. milk
1 tsp. baking powder
1/2 tsp. salt

1½ cups unbleached white flour

½ cup whole cranberries, fresh or frozen Beat oil and sugar in a large bowl until well blended. Blend in egg. Mash banana with a fork and add, followed by vanilla and all bran. In a separate dish, mix soda and vinegar with milk and beat well, then add to batter. Mix baking powder and salt with flour. Add flour mixture to batter alternately with cranberries, folding until well blended. Do not beat. Pour batter into muffin cups and bake in a 375 °F oven for 14 minutes. Makes 12 muffins.

Evelyn Haskins Chester Basin

Chiard

Chiard is a simple but delicious potato dish, originally prepared by our Acadian grandmothers with the resources of the area — salted pork fat from the family



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The Culinary Institute of Canada (a division of Holland College) is a leading institution, offering a high level of training in the Culinary Arts. Programs offered are: —

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Programs and training which are competency based, are kept current with industry practice and trends, by frequent revision of content carried out by leading professionals.

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SUMMERCOOKING

pig, potatoes and onions which winter well in root cellars. The unique flavour of this dish comes from locally salted chives. Chiard remains a very traditional dish with the younger generations of the Acadians of Cheticamp.

½ cup salted pork fat, freshened and cut

into ½ in. cubes

1 small onion, coarsely chopped 6 medium potatoes, peeled and thinly

sliced 2 tbsp. salted chives, chopped

1½ cups water

salt and pepper to taste

Fry pork fat until golden. Add onion and sauté until soft but not brown. Add potatoes and let fat coat potato. Add chives, water, salt and pepper. Simmer over medium heat for 15-20 minutes or until potato is tender. Serve by itself, as the Acadians did, or with cold meat and vegetables. For variety, make with ½ cup string beans and ½ cup thinly sliced carrots, which are added after the potatoes.

Monique AuCoin Grand Etang, N.S.

Island Seafood Chowder

When I was growing up on Prince Edward Island, mother often served clam chowder and oyster stew. I decided to combine these recipes and added some extra ingredients to come up with Island Seafood Chowder. In December, we always order oysters from Kennie Mac-Williams of Bunbury, P.E.I. and that is when I make my chowder. Last year, we did not receive our usual shipment of oysters. I made the chowder without the oysters and, while it was good, that wonderful flavour was missing.

1/4 lb. salt pork, cut fine

2 tbsp. butter

cup diced onion

1 cup diced celery

1 cup diced potato

cup water

1 15 oz. tin evaporated milk

2 cups cream

salt and pepper to taste

l cup scallops, cut into quarters

1 cup lobster, chopped

1 cup oysters with liquor

1 cup clams, drained

In a heavy saucepan cook the salt pork in the butter over medium heat until the fat is rendered and the cracklings are crisp. Remove the salt pork with a slotted spoon. Add onions and celery and cook until softened. Remove onions and celery. Add potatoes and water and simmer until potatoes are cooked. Drain. In a large saucepan combine evaporated milk, cream and add all the other ingredients. Simmer until hot but do not boil. Pour into heated bowls. If desired, float a dab of butter on the top of each bowl of chowder.

Mollie Lewis Robinson Mississauga, Ont. Potato and Cheese Soup

My grandparents came from England in the very early 1900s, followed by my parents in 1919. The English are extremely fond of cheese. When I was small, cheese was cut from beautiful rounds in the local country store. I grew up always having cheese in the pantry, wrapped in cheesecloth and kept in a special cheese dish. This soup recipe is very old but tasty.

2 tbsp. butter 1 onion, chopped

1 clove garlic or ¾ tsp. pure garlic

powder

3 medium potatoes, peeled and diced 1½ cups chicken broth

½ tsp. poultry seasoning or ¼ tsp. thyme 1½-2 cups milk

11/2 cups grated cheddar cheese

salt and pepper to taste 2 tbsp. minced parsley

Melt butter in a large, heavy saucepan, add onions and garlic. Cook until tender but do not brown. Add potatoes, then stir in chicken stock and thyme. Bring to a boil and cook gently for 15-20 minutes, covered. Put half the soup in a blender and purée. Return to saucepan, stir in milk and heat. Do not boil. Add cheese, stirring until cheese has melted. Add salt and pepper. Sprinkle top of each serving with parsley. Serves 4-6.

Joan Nevers Plaster Rock, N.B.

Shrimp and Scallop Muenster

My inlaws once ran a small hotel in the town of Lewisporte, Nfld. which was a busy shipping port to various places in Notre Dame Bay and Labrador in the early 1950s and '60s. They hired a cook who came to Lewisporte from Quebec. He gave my mother-in-law a recipe, similar to this one, which she gave to me. Since we could never get Tilsit cheese for it, I adapted it to use Muenster. As well I've added more scallops and shrimps. The recipe has been used quite often in our household, especially since we moved to Nova Scotia where scallops are even more plentful than Newfoundland.

1 lb. scallops

½ lb. medium size shrimp

11/2 tsp. lemon juice

11/4 tsp. salt

1/4 lb. button mushrooms halved

1 tbsp. diced green pepper

7 tbsp. butter

6 tbsp. flour

1½ cups whole milk

½ cup broth from scallops and shrimp 8 oz. Muenster cheese diced

1/8 tsp. garlic powder, white pepper and dry mustard

2 tsp. tomato paste

2 tbsp. dry sherry patty shells or rice

Simmer scallops and shrimp in water to cover about 6 minutes just until tender. Add 1 tsp. lemon juice and ¼ tsp. salt to

the water during cooking. Save any left over broth for chowder when finished. Using the top part of a double boiler, cook mushrooms and green pepper over direct heat for approximately 5 minutes. Place over boiling water and make a sauce by adding remaining butter, stirring in flour and slowly blending in milk and broth from scallops and shrimp.

Stir in cheese until it has melted completely and add rest of seasonings, including remaining lemon juice and salt. Combine with drained scallops and shrimps. Heat to serving temperature. Add sherry. If served in a casserole, garnish with strips of green pepper or sprigs of parsley. Spoon over heated patty shells or rice.

Judith Carpenter Truro, N.S.

Coriander Fruit Crumble

Baked fruit desserts were common fare in my family home. We often ate baked apple crumble with cream. Coriander fruit crumble is a slight departure from traditional fruit crumble in its seasoning. I also use layers of local blueberries, raspberries and apples. Recently I made the crumble for two friends who provided large frozen blueberries from their garden. We agreed the dessert was worth sharing with a larger, appreciative company. Fruit

1 tsp. unsalted butter

9 or 10 medium Cortland or MacIntosh apples

8 oz. fresh blueberries (frozen may be used)

8 oz. fresh raspberries (frozen may be used)

1/3 cup light brown sugar

2 tsp. coriander

1 tsp. cinnamon

Topping

¾ cup all-purpose flour

1/4 cup rolled oats

½ cup light brown sugar

½ cup unsalted butter

2 tsp. ground coriander

Preheat oven to 350 °F. Grease a 7½ cup baking dish with butter. Peel, core and slice apples into half-moons. Place layers of apples, blueberries and raspberries in a dish and sprinkle with brown sugar, coriander and cinnamon. Set fruit aside.

To make crumble topping, combine flour, oats and sugar in a medium-sized mixing bowl. Add butter and cut into small pieces with table knife. With fingertips, rub butter into flour until mixture resembles coarse breadcrumbs. Mix in coriander. Sprinkle topping over fruit and score topping with a fork. Bake for 30 minutes. Serve immediately with cream or sour cream.

Merlin Birdsall Mahone Bay



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Take a culinary tour of an Island village

Good things sometimes come in small villages, at least that's the case in Tyne Valley renowned for its rural cuisine

by Julie Watson hink of succulent berries, freshly picked herbs, vegetables from prized gardens, home baked breads, tangy preserves, home pressed apple cider, oysters and seafood fresh from the nearby ocean. Add to that list a rich heritage linked to the shipbuilding era, scintillating conversation, pampered dining and nature at the doorstep. This is the tiny village of Tyne Valley in Prince Edward Island.

With four unique eating establishments — Doctor's Inn, the Tyne Valley Studio and Tea Room, West Island Inn and the Senator's House — Tyne Valley has earned a reputation for its atmosphere and its rural cuisine.

At the Doctor's Inn, hosts Paula and Jean Offer combine an organic market garden with traditional bed and breakfast style accommodation and specialty dining. In season they have up to 50 varieties of vegetables growing just beyond the dining room window, along with an assortment of herbs and fruits. Everything is cooked on a woodstove. Paula also grinds her own flour and makes her own noodles.



Reminisce about the ship building era

There is no standard menu at the Doctor's Inn. When guests call for reservations, the menu is discussed and planned together. The menu is based on ingredients that are available fresh that day. "Something we know we can get, like chicken or most meats, but seafood depends on the catch of the day," Paul says. Because the dining room is small, it's necessary to phone ahead and make

reservations. But the attentive service offered to parties of six or less is worth the call.

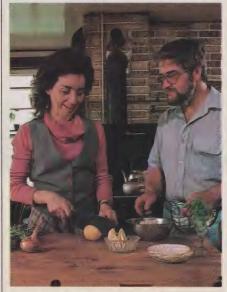
People from all over the world find their way to the white shingled cottage that is home for the Tyne Valley Studio and Tea Room. To get to the intimate tea room in the cottage's front porch, guests must pass through a shop filled with such local crafts as sweaters, weaving and batik, produced by owner Lesley Du-bey. Lesley began operating the tea room when patrons of her studio continuously asked

where they could go for refreshments. Now the tea room is as important as the craft outlet, featuring dishes prepared from foods which visitors would expect of a rural Prince Edward Island village.

Lesley does all the cooking and her husband produces honey and apple cider. Eggs and extra veggies come from the Offers at the Doctor's Inn a few blocks away. A bonus for diners is a frequent glimpse of hummingbirds which are lured by feeders outside the tea room's windows.

A comfortable walk between the tea room and Doctor's Inn is the West Island Inn, built in 1883 and architecturally reminiscent of the wealthy ship building era. Bob and Nan Kernaghan, who converted the house into an inn, love to share the history of their home and community. A visit to the inn inevitably involves a chat with Nan, perhaps as she folds linen from the line — country-scented, sun bleached sheets — before making up guests' beds for the day.

The Kernaghans specialize in homecooked meals. Nan describes the kitchen of West Island Inn as a "make from scratch place" serving foods no one



Paula and Jean Offer cook on a woodstove

makes anymore. Instead of working from a detailed recipe, she relies on traditional skills. The menu is on a blackboard and when something runs out she simply erases it.

Senator's House is not technically in Tyne Valley but Port Hill, a five-minute drive away. Built a century ago by one of the Island's most renowned statesmen, the house has been lovingly restored by new owners Phyllis and Robert Baker from Massachusetts. Rooms have been restored with subtle "Yankee" flavour allowing the imaginative guest to step back in time or even sleep in the senator's bedroom in a four poster bed. With two dining rooms and seating for 45, the Bakers serve both



The century-old Senator's House has subtle "Yankee" flavour



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SUMMERCOOKING

formal and informal meals.

Since she first began helping her grandfather's cook, New England native Phyllis Baker has made a hobby of studying cooking methods of the past. "I used to stay down in the kitchen and she would let me roll pastry. I would roll 'til it was like leather. That's where I learned to cook." All meals for her dining room are cooked to order with the exception of some baked goods and preserves which are prepared ahead.

Tyne Valley is blessed with miles of beaches and shoreline. The tiny village is also known for its annual Tyne Valley Oyster Festival in early August with activities such as horse pulls and oyster shucking contests. But it is the cuisine that is the big attraction — traditional fare created from local foods and served in an atmosphere conducive to relaxation and pleasant conversation.

> The Senator's House Oysters à la Demerara

The annual Oyster Festival lures visitors to the village to celebrate the world-famous Malpeque oysters each August. This recipe, adapted from an old cookbook, smacks of the New England nautical tradition at Senator's House. 1 pint prepared oysters (shucked meats)

2 tbsp. butter ½ tsp. salt

2 tbsp. mango chutney sauce

2 tbsp. steak sauce

Place oysters in a chafing dish and cook until the edges curl. Drain off the water and add butter, salt and sauces. Combine gently until heated. The original recipe called for this to be served with Marguerite wafers. It is also delicious with rice.

The Doctor's Inn Nanny's Spaghetti Sauce

This is a family favourite, often served with a salad fresh from the garden. Jean uses her own tomatoes and sauce, but says a 28 oz. can of stewed tomatoes and canned tomato sauce may be substituted. Jean also uses her own herbs and peppers.

2 large onions, diced

1 green pepper, seeded and diced

2 stalks celery, chopped

2 cloves garlic, crushed 2 lbs. good quality beef

32 oz. whole tomatoes (Italian preferred) and juice

32 oz. tomato sauce

5 oz. tomato paste

2 dried hot peppers (break to make spicier)

3 tsp. dried oregano

1 tbsp. dried basil (Greek preferred)

Sauté onions for 5 minutes. Add green peppers and celery, sauté for two minutes, add garlic and sauté for a minute. Add



At the Doctor's Inn the Offers are proud of their vegetable, herb and flower garden.

beef and cook until brown, breaking it up as it cooks. Add tomatoes, sauce, paste and seasonings. Simmer for at least two hours. Serve on homemade noodles with parmesan cheese.

Tyne Valley Studio and Tea Room Ginger Cheesecake

1 recipe sweet pastry (follows) 14 oz. cream cheese

½ cup sugar

2 eggs

2 tsp. lemon juice

1 tbsp. freshly grated ginger 1½ cup sour cream

5 tbsp. sugar

2 tbsp. slivered, crystallized ginger

Press pastry dough into a buttered nine-inch pie pan. Flute edges, keeping pan inside. Prebake pastry.

Blend cheese, sugar, eggs, lemon juice and ginger. Beat until smooth and pour into pie shell. Bake 20 to 25 minutes at 350 °F. Mix sour cream with 5 tbsp.



The Tea Room is in the cottage's porch

sugar and crystallized ginger. Spread over the cheese filling while still hot from the oven. Turn oven off and return pastry to oven for a few minutes. Refrigerate. Serve well chilled.

Sweet Pastry for Ginger Cheesecake

1 cup flour ¼ lb. butter pinch salt 1/3 cup sugar

Sift together flour, sugar and salt. Cut in butter. Work with hands, then pat into a ball. Chill for one or two hours. Press into a pie plate, prick bottom and bake 10 minutes at 450 °F. Reduce heat to 350 °F and bake for another 15 to 20 minutes.

> West Island Inn Ham and Split Pea Soup

Place a picnic ham in water, bring to a boil and simmer until tender (time depends on size). Remove, reserving water. Use ham slices for main meal and/or sandwiches.

If water is not too salty, use as the soup stock. Put water from ham in crockpot. Add a package of split peas and leave overnight or all day. If the water is too salty use a portion and add vegetable stock (the water used to boil vegetables) which has not been salted.

Add spices to taste such as basil, bay leaf, rosemary and pepper. Bring to a boil then simmer until peas are "all mushed up and unidentifiable." Add chopped vegetables — one big carrot, a big potato, an onion, a shallot and celery. Add leftover ham which has been cut into small pieces. Simmer until the vegetables are cooked. Serve with homemade croutons, bannock or tea biscuits. The soup serves eight and can be kept in the refrigerator for up to four days. For a truly homey touch, freeze the ham bone and use it later to make stock and start the whole process over again.



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SUMMERCOOKING

Homemade ice cream – it's delectable, respectable

P.E.I. has the scoop on homemade dairy delights this summer with potato ice cream, Cow's and traditional family recipes

omemade ice cream — there's nothing quite like it. Anne Shirley and Diana Barry, the heroines of the popular Prince Edward Island musical Anne of Green Gables, sum it up perfectly when they sing, "Ice cream, is anything more de-lect-able than ice cream?" Although the picnic which prompted their song was set in the 1800s, homemade ice cream's popularity hasn't faltered. Today it is still delectable enough to inspire song.

Homemade ice cream is free of the emulsifiers, stabilizers and chemicals that make commercially prepared ice cream smooth, fluffy and give it a long shelf life. It is made with natural ingredients and is rich, creamy and meant to be eaten immediately. On the Island, homemade ice cream lovers have a choice — they can go

to Cow's or make their own.

Five years ago, Scott Linkletter of Summerside thought it would be a good idea to produce homemade ice cream. The rich, downhome taste of his Cow's Ice Cream was an immediate hit. There are now Cow's outlets in Charlottetown, Cavendish and North River.

The 40-year-old president of the Linkletter Group won't divulge the recipes for his 27 flavours, which include chunky chocolate mint, coffee brickle, butter brickle, raspberry, blueberry and black forest, but he does have some advice for homemade ice cream enthusiasts. "Do it the old-fashioned way with ice and rock salt to freeze your ice cream. Use real Island cream, high in butterfat. Use fresh eggs and fresh fruit in season." General manager Betty Mac-Pherson says, "Cow's has only 10 per cent air (compared to much higher percentages in commercial ice creams). You get a good feeling when you're through eating it. It's very satisfying."

Although the foundation of Cow's success is the ice cream, Linkletter's company name has unleashed a new folk hero on the Island — the lowly cow. Linkletter says he was amazed at customers' response to his decision to dress Cow's employees in t-shirts, aprons and hats emblazoned with a cow and to scatter bovine artifacts around his ice cream outlets. After continual requests to purchase the clothing and artifacts, he decid-

ed to try and meet the customer demand.

In January 1987, Betty MacPherson set out in search of cows to add to the line of t-shirts by Island artist Marc Gallant which the company had already begun to sell. "I hunted for cow knickknacks, folk art and knitting," she explains. "People said I was crazy. Cows? How would I find cows? But now, one year later, after the incredible success of last season, the suppliers are racing to us. Cows are popular."

Another Islander with a creative but thus far less successful approach to ice cream is Jack Sheridan. From his Kensington home, Sheridan has developed a recipe for ice cream using potatoes as a major ingredient. Potato ice cream is not potato-flavoured — it tastes like other ice creams in a variety of flavours — but uses potatoes along with an apple sweetener to replace the sugar in conventional recipes.

Sheridan says that although his ice cream would be of tremendous benefit to diabetics and people on sugar-restricted diets, the government is holding him

back.

"I can't get the go-ahead from the government to produce my potato ice cream. Because the product doesn't contain the required amount of sugar, I'm not allowed to call it ice cream. I could produce it under some other name, but it is ice cream and I want to sell it as ice cream. I've made special application to the authorities in hopes they'll relax the regulations. I can't understand why they won't approve a product that is good for people's health."

For serious ice cream enthusiasts, there's still no substitute for the product that's made at home in the kitchen or backyard with an ice cream freezer. Part of the satisfaction of homemade ice cream comes from taking a turn with the mixing or cranking and from scooping out a spoonful minutes after it's

finished setting.

There are several types of freezers available — the traditional hand crank and electric crank style, which both use ice and rock salt for the freezing process, and the new freezer ice cream maker, which has an inner cylinder that chills in the freezer beforehand and does not require ice or salt. Ice cream freezers are a modest investment that provide years of

SUMMER COOKING



enjoyment. Although the electric models are more expensive and not as portable as the manual styles, they eliminate much of the work. The freezer cylinder models are handy since no ice or salt is required but they don't make large quantities.

There are dozens of little secrets to successful homemade ice cream. For traditional freezers, use eight parts ice to one part rock salt (rock salt lowers the freezing point of water). Using more salt will speed up the freezing but result in a granular ice cream while too little salt will unnecessarily prolong the freez-

ing process.

Before starting to crank, have the ice and salt packed around the freezer can. Begin cranking as soon as the ice cream mix is in the freezer can. Cranking too quickly at first will retard the freezing process by creating heat from friction. As the ice cream begins to freeze, increase the tempo to a nice steady crank. It takes 15 to 30 minutes to freeze a batch with either a hand or electric crank freezer. Iceless freezers take the same amount of time but the ice cream requires only a couple of turns every three or four minutes.

When the dasher will no longer turn, remove it. Transfer the ice cream to the deep freeze for two or three hours to set or, if outdoors, let it set in the ice cream freezer with four parts ice to one part salt packed around it, cover it with a blanket and put it in the shade. For many families, the ice cream rarely makes it past the pulling-out-the-dasher stage.

Homemade ice cream is easy to make

and fun. And, no matter what the flavour, nothing quite matches the rich, satisfying taste of homemade ice cream. As Anne and Diana put it, "Even the most res-pect-able eat ice cream."

Nanny's Lunenburg Vanilla

3 cups scalded milk 1½ cups sugar 1 tsp. salt

6 egg yolks

quart fresh heavy cream

2 tbsp. vanilla

Set the freezer can in the deep freeze to chill. Mix the sugar, salt and egg yolks. Pour in the milk. Cook in double boiler until the mixture thickens and coats a spoon. Chill, then add cream and vanilla. The cooler the ice cream mix, the faster the freezing process will be. Freeze in an ice cream maker according to freezer's instructions.

Try different flavours by adding fresh fruit, crushed cookies, nuts, candy or syrup after the dasher is removed from the can.

Chocolate Velvet

This is a family heirloom which has, until now, been a well-kept secret of the Edward family.

3 oz. unsweetened chocolate, slivered

2½ cups milk, scalded 3 tbsp. flour

½ tsp. salt

2 cups sugar

2 eggs, slightly beaten

1 quart fresh cream

2 tsp. vanilla

Melt the chocolate in slivers with milk in a double boiler and beat mixture until smooth. The little specks of chocolate should disappear. Combine flour, salt, sugar and eggs. Add a small amount of the chocolate mixture to the egg mixture stirring vigorously. Return to double boiler and cook until thickened, stirring all the while with a hand mixer on low setting. (Don't give up on this). Chill. Add cream and vanilla. Freeze in ice cream feeezer. Makes two quarts.

Harry Baglole's Coffee Parfait

Harry Baglole is the director of the Institute of Island Studies at the University of P.E.I. As an historian, he appreciates homemade ice cream's place in Island traditions. And as an experienced ice cream maker, he has transformed a tradition into a culinary art form.

2 tbsp. cornstarch

²/₃ cup sugar

1 cup strong coffee 2 tbsp. milk

2 egg yolks 1/8 tsp. salt

1½ cups fresh heavy cream

Combine cornstarch, sugar and salt. Stir in milk. Beat and add egg yolks and coffee. Stir and cook over low heat or in a double boiler until mixture thickens. Chill. Then whip chilled mixture until stiff. Fold in cream. Freeze in ice cream freezer. Makes 1½ quarts.

Serve in parfait glasses with a dollop of whipped cream or mash fresh raspberries with a little sugar and pour over the ice cream.

Herbs: so much for so little work

In 880 A.D. King Charlemagne described herbs as the friend of physicians and the pride of cooks. They still are.

by Colleen Whitney Thompson ussie mussies, knot gardens, the marathon, eau de cologne, chartreuse liqueur, Shakespeare and the Bible. What do they all have in common? Herbs.

In recent years, more and more amateurs have taken up herb growing. It's partly a trend towards a more natural way of life but it also stems from a desire to spice up some of today's blander foods and to stretch a budget by creating gourmet meals at home. There's the factor that some herbs are healthful, which grandmothers always knew and some doctors are beginning to accept. And there's another reason — growing and using herbs is fun.

In the days before refrigeration, dishes were highly spiced with aromatic herbs, more to disguise the taste of stale and sometimes rotting foods than to enhance flavour. As the oldest cultivated garden species in the world, herbs have been used not only for flavour and scent but for witch's potions, aphrodisiacs, invigorating teas, remedies for upset stomachs, hair loss, healing salves for wounds, agents to fend off plague and as deodorizers to disguise indoor smells.

In Elizabethan England, ladies and gentlemen carried tussie mussies - delicate nosegays of aromatic leaves and flowers in elaborate silver or gold holders — to protect themselves from germs and smells. Eminent judges in wigs and robes kept similar herbal bouquets on hand because of the unsavoury criminals with whom they had to deal. In England today, judges at Old Bailey, Britain's highest criminal court, still carry tussie mussies into the courtroom six times a year as a gesture to tradition. Queen Elizabeth II acknowledged the old custom by accepting a tussie mussie at her coronation.

In Greece, garlands of parsley, dill and fennel celebrated the triumphant Battle of Marathon and the 26-mile run by an exhausted youth who carried the good news from Marathon to Athens. Marathon means fennel in Greece and it was on a field of fennel that the Greeks defeated a Persian army in 490 B.C. Today we chop

fennel into salads for its fresh licorice

One species of fragrant flowering herb was crushed into the bathwater of the Romans so frequently that it became known as "lavare" (to bath). We call it lavender.

In the 13th century, Queen Elizabeth of Hungary concocted a drink called Hungary water - rosemary, lavender and myrtle steeped in brandy. Later, rosemary, which some call the most beloved and most versatile of aromatic shrubs, was used in eau de cologne. It's also one of the 130 odd herbs thought to flavour the Carthusian monk's secret formula for chartreuse liqueur.

Bitter wormwood also flavours alcoholic drinks like vermouth and absinthe. Anise seeds give that licorice flavour to anisette, caraway goes into kummel, mint into crème de menthe. Angelica

helps flavour gin.

Of all plants, none offer so much reward for so little work as herbs. They're decorative year round indoors or out, easy to grow, resistant to diseases or pests and often highly fragrant. Beginning your own herb garden is as simple as this piece of advice from an old gardener: "plant a little mint, then step out of the way."

Gail and Steve Smith, whose three acres of lush herb gardens decorate a peaceful slope on the bank of the St. Croix River near St. Stephen, N.B., say they began with a strawberry patch. Through diligent work they've created Crocker Hill Herb Gardens, a showpiece of gardening art that draws visitors. For two dollars, visitors receive a guided tour by the knowledgeable owners who offer spellbinding facts about ordinary, every day flowers and herbs.

The Smiths also offer this advice to beginners: plant the easy ones first parsley, dill, savoury, oregano. "Once you've used fresh herbs and realize the difference in flavour," says Gail, "you'll probably want to go on to more. Try sage, thyme, tarragon and round it out with

basil and sweet marjoram."

Fresh garden herbs turn salads into extraordinary treats. Among the fresh young leaves that can be used for greens are burnet, borage (its pretty blue starshaped flowers make lovely garnishes for food and drinks), lovage, chervil, mustard, sorrel and sweet cicely. Nasturtiums, both leaves and flowers, add a peppery tang to salads and make an attractive garnish.

Once you get involved in herb growing, you're apt to become addicted. There are so many romantic or decorative themes. Some people favour the Shakespeare garden, planting all the herbs mentioned in his plays while quoting appropriate passages — "There's rosemary, that's for remembrance; pray, love remember." Ambitious gardeners may undertake to grow all the herbs mentioned in the Bible. Those with an artistic bent may try a miniaturized version of the Elizabethan knot garden, an ingenious bit of horticultural geometry in which the rich greens and silvery greys of plants such as germanders and artemesias are intertwined with thymes and lavenders to create lovely "knots." In past days these gardens were designed to be viewed from above, often from a bedroom window. The Smiths have planned an Elizabethan knot garden for 1988 with different types of lettuce, shiny dark green germander, boxwood, lavender and low growing thyme.

It's not necessary to have three acres to begin a herb garden. Window boxes will do as will a series of small round or square areas around a patio or a narrow

strip of bedding anywhere.

All that most herbs ask for is sunshine, moisture and well drained soil. Some, like mint and parsley, tolerate partial shade. Woodruff doesn't even like the sun. An herb garden close to the back door is a blessing for those who like to use fresh chives, parsley or tarragon. Cooking with herbs is always an

adventure. Gail and Steven Smith are experimenting with chocolate herbal treats. Sample them at Crocker Hill Gardens during the first week of August when they will present the mouthwatering concoctions in conjunction with the St. Stephen Chocolate Festival.

Gail Smith's Rose Geranium Cake

1 white chiffon or sponge cake fresh rose geranium leaves borage blossoms

1 egg white

shaker of super fine white sugar (not icing

Prepare any white chiffon or sponge cake recipe. Line cake pan with wax paper. Since the scent of rose geranium is found on the underside of the leaves, line the pan fully with the leaves facing underside up. Try to get as many as possible covering the bottom and stand some up along the sides. Pour the batter very carefully so as not to disturb the

SUMMERCOOKING

For an attractive presentation, make an ice mold the day before by adding fresh rosemary, mint leaves, the red sprigs of bee balm and some calendula blossoms. Place it in the bottom of the punch bowl and pour punch over it.

Herbed Grilled Leg of Lamb

1 leg of lamb, butterflied (ask butcher to do this)

1 cup good quality olive oil

½ tsp. fresh basil

½ tsp. fresh rosemary

1 finely chopped large garlic clove

½ tsp. fresh pepper ½ tsp. fresh thyme

½ tsp. fresh oregano

¹/₄ cup chopped fresh chives

½ cup lemon juice

Make a marinade of all the ingredients and marinate the lamb at least 8 hours. Have coals at about 350 °F if using a gas barbecue. With a charcoal barbecue, use lots of coals but allow time for them to settle. Plan about one hour's cooking time. Watch carefully, flipping often to cook evenly. Use tongs so the meat is not pierced. At about 45 minutes, cut to see degree of pinkness. When done, the lamb should still be pink inside. Serve lamb uncut on platter garnished with nasturtiums and leaves which have been carefully rinsed.

For extra herbal tang, throw some mixed herbs into the fire.

Herb vinegar

1 gallon white or cider vinegar ½ whole black peppercorns or half a red

chili pepper

1 to 1½ cups washed, finely chopped fresh herbs (parsley, rosemary, tarragon, summer savoury, dillweed, thyme, basil, marioram)

1-4 cloves fresh garlic

Pour out some vinegar from gallon jug to make room for herbs. Add ingredients, seal and place in a dark spot for 2 weeks. Strain through cheesecloth. Pour into sterilized bottles. Use this mixture in combination with olive oil, adding about 1/3 vinegar to oil.

Summer savoury biscuits

2 cups white flour

4 tsp. baking powder

½ tsp. salt

1 tsp. sugar

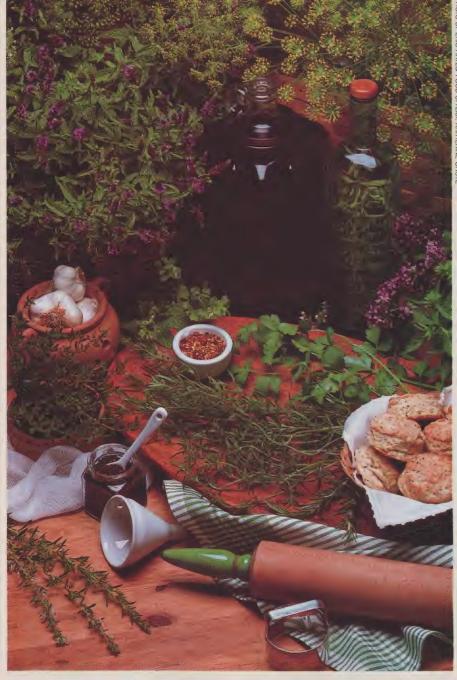
1/8 tsp. paprika

1 to 2 tsp. dried summer savoury

½ cup butter

34 cup milk

Sift flour, baking powder, salt and sugar into a medium bowl. Stir in paprika and summer savoury. Cut in butter until it resembles coarse meal. Gently stir in milk. Knead mixture and form into a ball. Roll out on a floured board to ½ inch thickness and cut into biscuits. Bake at 450 °F for 10 minutes.



leaves. Follow directions for baking cake. When done peel the leaves off very gently. They will leave an imprint which is quite attractive.

Gail doesn't usually ice this cake but decorates each piece with a candied fresh borage blossom. Or arrange a clump of candied blossoms in the centre.

To candy blossoms, beat egg white lightly, not until stiff. Using a paint brush, brush over each flower. Place on waxed papered tray and shake super fine sugar over lightly so colour of flowers still shows. Let dry. To dry quickly, place in the oven on lowest setting and keep oven door open. Watch carefully and remove as soon as they are dry.

Rosemary Punch

1 48 oz. can unsweetened pineapple juice 8 sprigs of fresh rosemary

½ cup sugar

pinch of salt

cups lemon juice

2 cups water

1 qt. or litre of dry ginger ale

Heat 2 cups of the pineapple juice until it boils. Add sprigs of rosemary. Allow to steep about 5 or 10 minutes. Add sugar and salt to the hot juice. When cool, strain into punch bowl which contains all the rest of the ingredients and juice except ginger ale. Chill. Add ginger ale just before serving.

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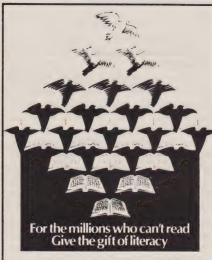
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SUMMERCOOKING

The scallop, best as itself

Think simple and subtle when serving this Atlantic Canadian seafood which has a curious affinity for bacon and mushrooms

callops have charming habits. Their open shells offer sanctuary to minnows and snails. They flock together in beds, each with 40 or more tiny eyes along the perimeter of its shell. Should they spot the shadowy lunge of a predator, they escape by blindly swimming away in all directions — the underwater equivalent of a stampede.

It is the scallop's ability to swim which explains its unusual design. The shell is lightweight to allow motion and fluted to add strength. The small tail fins on either side of the hinge are used for flight

guidance.

The small, cheerfully coloured Icelandic scallop — increasingly harvested in Newfoundland and Labrador waters — has strikingly uneven tailfins and racy flutings. Its two shells are arched equally, top and bottom. It's a pleasure to imagine thousands of Icelandics, in crazy corkscrew flight, with a devil-may-care attitude to where and on which side they land. What a pain they are to scallop harvesters though, who must design complicated, independently harnessed chain buckets and rakes that are capable of scooping up fleeing scallops from water, rocks and weed.

The more pronounced the fluting on the shell, the more active the scallop. Compared to the Icelandic scallop, Atlantic Canada's giant or sea scallop, *Placopecten magellanicus*, is a regular couch potato. But at least the staid old sea scallop knows what sex it is. *P. maximus*, the giant scallop of Europe, is a hermaphrodite. This explains Europe's fascination with the scallop's reproductive innards — roe and gonads are eaten with gusto, whereas the fisherfolk of Digby and Port-aux-Choix save only the adductor muscle and a tough, inedible bit along the side.

In Atlantic Canada, scallops are shucked soon after being caught. The shucking is done while the boat is on the next drag and, although edible matter is lost, this process saves in the long run because excess scallop shell isn't lugged around.

Taste and economics make for strange bedfellows. Most people won't pay enough for a scallop to ensure that it gets to their table in prime condition. Because scallops cannot close their shells tightly, they perish quickly. Consequently, Atlantic Canadians are often sentenced to eating frozen scallops. If it's not possible to get fresh scallops, the next best thing is a bag of large scallops inconveniently frozen in a chunk. The large size is the secret — not only are they juicier but they also freeze better as there's less surface exposure.

Timing is everything in handling frozen seafood and so the home cook has the edge over a restaurant chef. Scallops, cooked when partially thawed, taste of the sea. A few hours later they'll taste like the

fridge or counter top.

Prime, fresh scallops are delicate in taste and need little further adornment. They have a curious affinity for bacon and mushrooms. Mostly, though, they lose out in complex sauces. The best recipes call for a deft touch. A classic Coquilles St. Jacques is a good example of the subtle approach. Mushrooms and scallops are briefly sautéed in butter and finished with a creamy white sauce, parsley and lemon. Add a touch of garlic and tomato for France's second most popular treatment, Coquilles St. Jacques à la Provençale.

The English have traditionally poached scallops in sherry. However, a light, wine-flavoured court bouillon, similar to the kind prepared for lobster, yields a much better result if the scallops are fresh. Raw scallops marinated in lime is another classic treatment.

Some cooks seek culinary adventure, dousing cooked scallops in orange juice, ginger, mustard, whiskey, pepper, rum or cloves. This approach to scallops, popular in the 19th century, is suffering a revival, producing easily the most horrid dishes a modern restaurant can serve. A love of scallops can sucker people into ordering travesties. Never try to push the scallop into becoming a culinary imperialist. Like many supremely good things, it is always best as itself.

SUMMERCOOKING

flavoured with lemon juice and butter) to keep mushrooms moist. Bake in a medium oven for 30 minutes. Serve with hollandaise sauce or the juices from the casserole.

Scallop Chowder

3 rashers naturally smoked bacon

3 medium onions, chopped 5 medium potatoes, cubed

1 lb. scallops

4 cups milk

1 cup cream

salt and pepper to taste

parsley

Gently fry bacon in a skillet. Add chopped onion and cook until lightly browned. Drain off excess fat. Bring salted water to boil and cook the potatoes until they are tender but firm (about 10 minutes). Drain the potatoes, add the scallops, milk, bacon and onions to the pot and bring to a boil. Simmer for 5 minutes before serving. Finish with parsley, seasonings and cream.

Poached Scallops

2 carrots, 2 celery sticks, in lengths

2 onions, any sort

2 cloves fresh garlic, whole

1 cup white wine

3 cups water

6 peppercorns, crushed

2 cloves and a bayleaf

1 lb. scallops

herbs (parsley stems, thyme, tarragon) salt to taste

Sweat vegetables in a covered pot for 10 minutes on low heat. When they begin to soften, add rest of ingredients. Bring to a boil and simmer 15 minutes.

Coquilles St. Jacques

1 lb. scallops

½ lb. fresh mushrooms, thinly sliced 1 small bunch parsley

3 tbsp. chopped onion (shallots preferred) juice of ½ lemon

3 tbsp. butter

2 tbsp. olive oil

1 clove garlic

salt, pepper, cream

lemon for garnish

Finely chop together parsley and shallots. Finely slice mushrooms and sprinkle them with lemon juice. Cut the scallops into rounds. Fry the mushrooms gently in half the butter and remove. Add the remaining butter and oil and raise the heat (the oil prevents the butter from burning). Just as the oil begins to smoke, add the scallops. Fry until the edges of the scallops begin to curl (15 to 30 seconds). Reduce heat and remove the scallops. Add the chopped parsley and onion to the pan and a minute later, add the mushrooms. A minute after that, return the scallops to the pan. Add the cream, heat and serve garnished with lemon.



Scallop-Stuffed Mushrooms

2 dozen large mushrooms, stems removed ½ lb. scallops juice of ½ lemon

1/4 lb. butter

Stuffing 24 mushroom stems

3 green onions

2 cloves garlic

2 tbsp. parsley 2 tbsp. butter

slice of bread, crumbled

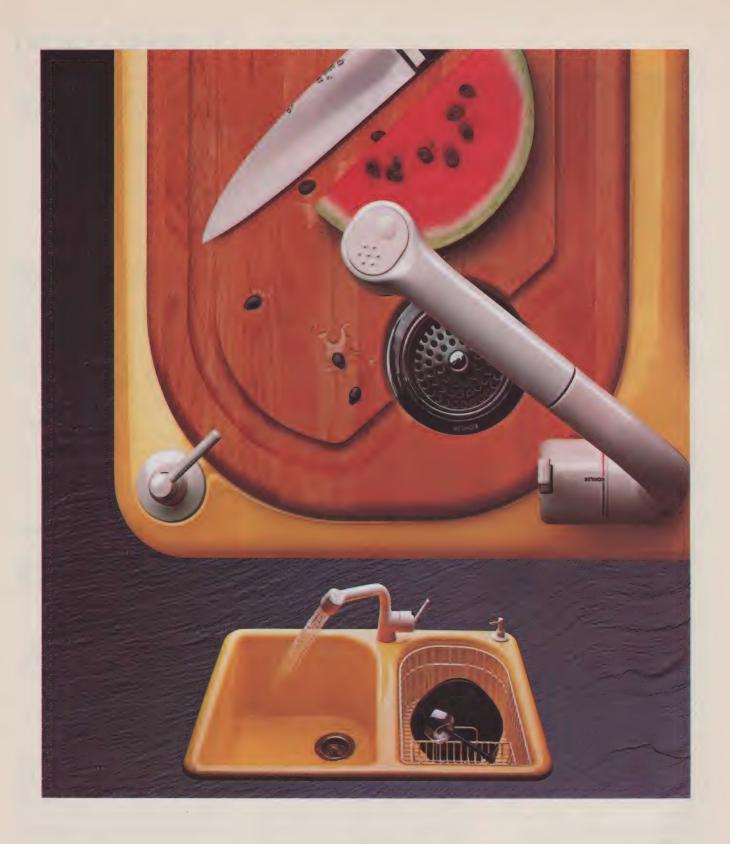
juice of 1 orange 2 eggs, beaten

Wipe mushrooms carefully with a cloth to remove dirt. Melt ¼ lb. butter in a small chafing dish and add lemon juice. Dip each mushroom cap into the lemon

butter mixture and place in a shallow, oven-proof casserole. Sort the scallops by size. Halve or cube the larger ones so that they fit compactly into the lemon butter sauce, then stuff into mushrooms.

To make the stuffing, finely mince mushroom stems, green onions, garlic and parsley, cutting lengthwise first. Melt remaining butter in a skillet. When it has ceased to foam and smells nutty, add the minced onion, mushroom and garlic. Fry gently until the ingredients are lightly browned and thoroughly blended. Remove from heat. Add remaining ingredients and blend.

Top each mushroom with a tablespoon of stuffing. Add a cup of chicken broth to the casserole (or a cup of water



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BUSINESS



Jane Achen helps a young customer select one of the store's many healthy treats

Healthy offerings secret to Winterwood's success

Opening a health food store in Sussex, N.B. seemed like a risky proposition II years ago but Winterwood is thriving today

by Beth Powning
hen Jane Achen opened Winterwood, a natural food store that
catered to "back-to-the-landers"
in the late '70s, little did she know that
it would still be in business 11 years later.
Nor could she have known how essential
the store would become to the fabric of
life in Sussex, a dairy town in the southern part of New Brunswick with a population of 4,100.

At the outset, only 10 families supported Winterwood. Gradually, as the store gained respectability, new people started coming in, timidly at first, then returning with friends when they discovered the shop's reasonable prices and friendly atmosphere. Eventually, the Sussex Health Centre and local homeopath practitioners began recommending the store to their patients. And as Winterwood's reputation spread, regular customers began coming from Hampton, Saint John, and even as far away as Deer Island. "We would never let Winterwood close," says Achen's partner, Kathy Osborne.

The store survived during its developing years because neither partner was dependent on the store for income. This meant the store could grow slowly, an important factor in its success, giving it time to gain acceptance and build a broadbased clientele in a town long known for its conservatism. The store now reflects ways in which Sussex itself has changed, belying this conservative image.

Since its hole-in-the-wall beginnings in the living room of a second-floor apartment, Winterwood has moved twice. The large, sun-filled store is now located in a former grocery store on one of the town's main streets. In addition to its varied product line, Winterwood also offers customers a lending library and a cosy corner with comfortable chairs and a basket of toys.

A look around the store these days reveals the presence of newcomers from European countries. A sign reads: "Available by Special Order — Black Forest Cakes and Tortes." In the cooler are several lines of local sausage, each bearing a German name. Fresh-baked Bavarian bread and rolls fill a rack. At the sales counter, Ashraf and Anna are working, both recent immigrants, Ashraf from Iran, Anna from Czechoslovakia. Ingrid, cutting European cheeses, speaks with a Danish accent.

The two new potash mines in Sussex have also brought a large influx of new-comers. Annie, an Australian, worked in the store last year; she came to Sussex when her geologist husband was hired by one of the mines. Most of these "out-

siders" are already comfortable with the concept of a natural food store.

Winterwood's owners and manager have responded to all of these new influences by expanding their product lines. Aside from the foods the store carried from the beginning (flour, grains, beans and cheeses), the shelves now hold over 300 different items, from "burdock root" to ice-cream makers. The vitamin section has quadrupled in 11 years; there are even natural cosmetics.

"Someone is always bringing in a locally grown product," says manager Stephanie Coburn. There's the local flour company, for example, that grows its own grain and grinds its own flour, makes Scottish Oatmeal and Cream of Whole Wheat cereal, and sends a treatise on the importance of buying locally. Farmers, bakers and home cooks bring in an endless array of brightly packaged sugarless jam, yellow butter in waxed paper, bread, goat's milk in jars, creamy Guernsey yogourt, golden honey, meat, dried beans, tofu and herbs. And Winterwood's staff makes granola, a special coffee blend, malted milk powder, herbal blends for cooking and carob clusters.

But the real key to Winterwood's success and survival lies in what success means to the people who run the store.

means to the people who run the store.

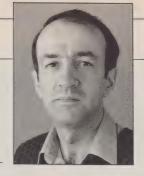
"Success," they all agree, is not so much making a profit as "keeping the store open." All are deeply committed to the concept that underlies every facet of the store. "Health is not a quick fix," Coburn explains. "Health is a whole concept." Health, in Winterwood terms, means whole foods ("foods that haven't been processed to death"). It also means information and communication; it means a spirit of friendliness and compassion; it means serenity and cleanliness; it means having a meeting-place.

Winterwood is a place where people can come for honest information. "There is now a broader base of people who are concerned with the quality of food," Coburn says. "There are more people who are realizing that they're sensitive to toxins in food or in the environment. There are also people who are only just becoming aware of the term 'organic food,' and they come in wanting information." The staff at Winterwood spends a lot of time talking, always referring customers to books and reference materials.

In the last 20 years, Sussex has seen the growth of malls, of traffic, of new industries, of large chain stores, of growth away from the downtown core. Winterwood has weathered and profited by these changes. And it may become increasingly important, as the dairy-town changes, to have a store that values its function as a meeting-place; and that measures its success not by its profits, but by its ability to maintain its own special contribution to the social fabric.

RALPH SURETTE'S COLUMN

Practising benign neglect



heard something lately that shocked me. A single mother in the Kentville area of Nova Scotia was putting water in her baby's bottle because she couldn't afford milk. This was reported as part of a series on CBC Radio which contained other disturbing tales: a mother who had only water for her child's school lunch thermos, another who had only potatoes to eat, another who had to keep a child from school sometimes because there wasn't enough to eat. There were stories of families eating one meal a day and so on.

Having a tough time on welfare is one thing. But these are Depression-era images that call into question the very soundness of our social support systems and bring into view the shoals where poverty breaks down into destitution.

But is it really that bad? Are these reports true? Might there not be mitigating circumstances? Are these not isolated cases, exceptions to the rule? Surely these people are stretching it a little — getting help on the sly from families and friends perhaps? Don't people on welfare budget badly, buy junk food, or cigarettes? Don't they often cheat outright?

No doubt a few do as in all human endeavours. But more to the point: why these questions? Well, because they're as much part of the problem as the circumstances of the poor themselves. We can't really get to believe that people are going hungry under our noses. How could they? The economy is booming especially that of Central Canada, and unemployment has been coming down even in the Atlantic Provinces. The Mulroney government is preparing to fight an election by bragging about the country's economic prowess.

Some three years ago, in a column in this space in which I commented on Atlantic Canadians' admirable response to starvation in Ethiopia, I remarked that we would never knowingly let anyone starve in our society, although death from malnutrition and near-starvation had happened before right under our noses. I'd like to revise that somewhat by lingering on the "knowingly." The fact is that we possess a ton of euphemisms for denying, usually to ourselves, that people are in trouble — we say they're shiftless, lazy, it's their own fault, they're the authors of their own misfortune — to quote a phrase current in Nova Scotia. During the infamous company-induced

strikes in the Cape Breton coal mines in the 1920s, people, mostly children, did starve. Not outright, but they died from nutritionally related diseases. This became known after a visit by a Canadian Press reporter turned it into a national sensation, but only after constant denial primarily by the company and the provincial government. In a quieter way, the rest of us are fully capable of doing the same thing.

For several years now we have had a stream of studies and reports by various social and other groups telling us that people on welfare, especially single mothers, aren't getting enough. The latest

Depression-era images amidst present day opulence

was one by the Nova Scotia Nutrition Council in late April, which toted up the figures and showed that no matter how you figured it the average family of four on welfare was only getting 60 to 80 per cent of adequate nutrition. One member of the council, a physician at the North End Community Clinic in Halifax, said she sees a lot of malnutrition-related problems in her work.

The question of welfare is very difficult to focus. People suffer in silence. As such, the claims of these reports are always easily denied because the highly subjective experience of people without a voice doesn't give itself to precise statistical analysis. Nova Scotia community affairs minister, Tom McInnis, pointed out that the Nutrition Council figures didn't take into account family allowance payments. Besides there was a provincial task force studying the matter and due to report next fall

Besides, people have family, friends .. and food banks. No doubt some do, luckily enough, given what they have to live on. But what about those who don't? And of course, it's true, these situations are not necessarily constant. The baby with water in its bottle may get milk until

the money runs out and may be toughing it out only until the next cheque comes, or may be going without only on months when extraordinary expenses have cropped up. But are these mitigating circumstances — ones that can allow us to wag a finger and claim that it's not as

bad as all that?

Welfare is not unrelated to the larger economic and social forces. Being on social assistance was never pleasant or easy, but now the larger forces are increasingly hostile. Governments, at least in Atlantic Canada, remain outwardly committed. But the resumption of a sweeping free enterprise ethos that is, in some instances, as stark as the 19th century version affects government activity at a subtler level. Governments end up practising "benign neglect" — essentially letting things ride and letting inflation take its toll.

Another large force bearing down on social assistance is government debt, and the need to reduce that debt, either by raising taxes or by cutting governmental programs and services. New Brunswick has cut back on some services. Nova Scotia hasn't, but continues to pay a stiff price in terms of its deficit. Some western provinces — British Columbia and Saskatchewan — have actually made moves to cut welfare itself. In B.C. the government has been directing a variety of crudities at welfare recipients, including welfare mothers, its hostility based on the idea that welfare is a blot on the new/old ideology. In theory, free enterprise being in flower, there are jobs for everybody and velfare is not need-

The point being that as the pressure bears down on public services, social assistance is the most vulnerable. Any tampering with health, education, old age pensions and even UIC brings about a large middle class protest. The users of welfare have no power. And although the amount that can be saved on welfare is miniscule compared to health, education and the others, it brings out the worst in the Bill Vander Zalms of this world. And if someone is caught abusing the system - usually a single male — everyone else seems to be easily smeared.

Yet of all the services, none is more essential than social assistance. If babies are drinking water because not enough money is available, something is dreadfully wrong and payments should purely and simply be increased.

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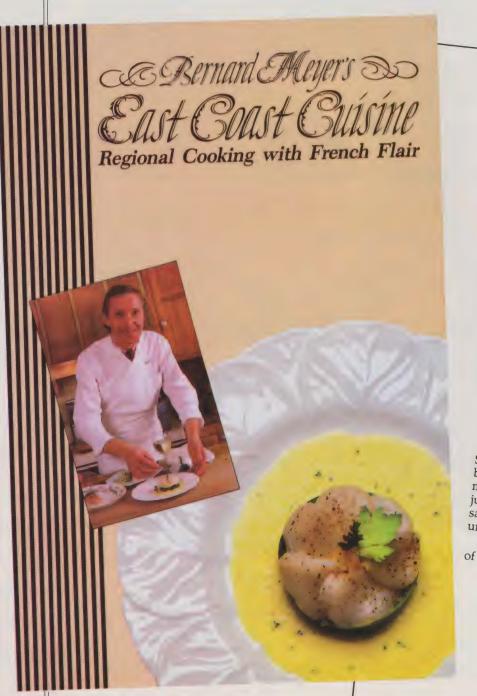
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Julienne of vegetables
1/4 cup carrots - 60 ml
1/4 cup leeks - 60 ml
1/4 cup celery - 60 ml
1/4 cup zucchini - 60 ml
1/4 cup spinach leaves - 60 ml
1/4 cup peeled tomato cubes - 60 ml

Simmer the scallops, shallots, white wine, 2 tbsp. of butter and julienne of vegetables. Let boil for 2 minutes and then remove the seafood and garden julienne. Let the stock reduce with the cream until the sauce thickens. Whisk in another 2 tbsp. of butter Scales.

Season to taste and serve this sauce with your dish of Digby scallops. Serves 4.

a Cookbook with an Atlantic Flair

New this summer is the first in an exciting series of cookbooks by Atlantic Canada's most noted chefs.

Bernard Meyer's East Coast Cuisine, subtitled Regional Cooking with a French Flair, combines Meyer's French heritage with fresh regional produce to create all kinds of wonderful dishes.

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Among Meyer's specialties included in the cookbook are fresh seafood — Grapefruit Salmon, Mussels with Cream Sauce and a Scallop Terrine with Saffron and Spinach. There are also award winning recipes — Pancakes with Chocolate and Nut Stuffing, Red Pepper Bisque and Fruit Douceur (a unique combination of ice cream and fresh fruit).

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Bernard Meyer is a leading exponent of the light and fresh approach to classic French cuisine. As Chef de Cuisine at the Pines Resort Hotel in Digby, Nova Scotia, he has helped build the Pines' reputation as one of the finest dining establishments on the Atlantic coast.

Meyer has won the regional French Wizer Deluxe competition and the Silver medal at the Hotel Olympia in France. He is a member of the Academie Culinaire de France, Cordons Bleus de France and the Canadian Chefs de Cuisine.

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To celebrate the launching of Bernard Meyer's *East Coast Cuisine*, Formac Publishing is offering a gala dinner for two at the luxurious dining room of the Pines Resort Hotel in Digby, Nova Scotia. The lucky winners will enjoy a gourmet dinner any evening of their choice at this beautiful resort, where Bernard Meyer is the Chef de Cuisine. This contest is open to the general public. An entry form will be inserted into each copy of *East Coast Cuisine* or you may obtain a form by writing to Formac Publishing, 5359 Inglis Street, Halifax, Nova Scotia, B3H 1J4. Deadline for entries is September 10, 1988.

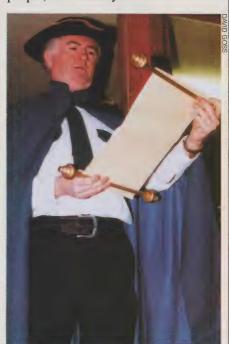
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or Saint John native Lorne Enright, being made clerk for Atlantic Canada's oldest public market isn't just a job, it's an obsession.

Since his first job, at the market in 1944 as a casual carryout boy, until the present day, Enright has found the city centre farmers market a magical place. Enright is the 210th person to serve in the position since the present market was built in 1876. Few have served with more enthusiasm than Enright, who believes the market has survived the suburban sprawl of the '60s, the depressed downtown conditions of the '70s, and the superstores concept of the '80s because, "it offers personal service and has real character, not something that has to be hyped up."

Part of that character, of course, is the historic structure itself, now undergoing a \$6.5 million refurbishing, but more importantly it's those who work within its venerable walls. These include farmers, itinerant wood carvers, clever craftspeople, and flamboyant merchants such



Enright finds the market a magical place



After 13 years on wheels, Raimondo describes skateboarding as a love-hate relationship

as nationally known fruit and vegetable vendor Pete Luckett. One of Enright's favourite tricks of the trade is to stage one of his regular, but unscheduled, Piedpoudre courts which keeps the merchants of the market on their toes, and is especially delightful to visitors.

The court is a prerogative of the office bestowing the clerk with the power to levy fines, set rules of conduct or expel merchants from the market for just cause. The "just cause" might include anything from shoddy merchandise to short weighting goods.

— David Goss

gg plants and miller tips may not be part of everyday vocabulary for some people, but for **John Raimondo** and the members of the Atlantic Skateboard Association they're second nature. They perform these moves every time they hop on their skateboards.

As head of the association, Raimondo holds an impressive track record. He's skateboarded in such widely separated places as Vancouver and the Coliseum in Rome in his 13 years on wheels. Skateboarding for him is an emotional experience. "It's a love-hate relationship," says Raimondo. "It makes you feel really good when you're landing everything, but angry when you fall. It's like an addiction — even on bad days you're compelled to keep up your ability."

Raimondo helped organize the ASA in 1982. Their present base of operations is at St. Andrew's School in Halifax which boasts the only indoor skate-boarding facility in the Maritimes. The city gave the skateboarders the space five years ago. A half pipe ramp — a large U-shaped wooden structure, eight feet high and eight feet wide, was built on the

gym's stage for their use.

The size of the ramp was enlarged as interest in the sport increased, says Raimondo. The 16 by 10 foot structure now takes up the whole stage at St. Andrew's gym and in addition to serving the Halifax-Dartmouth area, the association holds weekend competitions on the ramp for out-of-province skateboarders.

Raimondo says skateboarding's popularity is growing and having access to indoor facilities is one of the biggest reasons for consistent interest. With such facilities, skateboarders don't have to worry about waiting for good weather to try out their latest tricks.

Jocelyn Malloy

Sylvia Cullum came to Newfoundland 18 years ago and brought with her a rare, highly specialized skill. Cullum is an artist in St. John's who restores oil paintings. Whether a painting has been torn, damaged by fire or is in need of a cleaning to remove years of household dirt. Cullum can restore it to its original brilliance.

Cullum studied fine arts at the Royal Academy of Arts in her native England but was also interested in restored paintings. The Royal Academy offered no such course so she approached a company, Freeman and Sons in London, to take her on as an apprentice. Cullum worked on restoring oil paintings from Bond Street galleries, private houses, the Royal Family and art dealers and on the work of such artists as Gainsborough and Canaletto.

She is alone in her field in Newfoundland (one of a handful in Atlantic Canada) and does work for the Newfoundland Museum and the Memorial University Art Gallery, a museum in New

Brunswick and private owners in St. John's and Halifax.

"I've had paintings that were brought to me on a tray because the paint was so loose that if you held it up to the wall," she explains, "all the paint would fall off." Restoring oil paintings is a time-consuming, tedious job — "that some people say takes too long." A painting that has had smoke damage would need to have the surface dirt and thus the varnish removed before revarnishing. Such a project would take more than a month.

"You work very gently from one corner to the other," says Cullum, as you clean away the dirt. "You get very weary working with such concentration." She might have three or four projects on the go at once so as to vary the work. "I've had paintings for two years. That's partly because I'm not the speediest but you just can't hurry it."

- Lana Hickey



Cullum restores art's original brilliance

or four straight years they've beaten the best Prince Edward Island has to offer and now Island women dory racing champs Carol White and Heather Moore are anxious to take on mainland competition. If they can find any.

In 1984 they were the first women to join what had always been a male sport on the Island. Their first effort in the quarter-mile race saw the women cross the finish line just four seconds slower than the best junior men's time. The 12-foot, heavy wooden dories are seldom used in modern fishing so living in fishing villages - Carol in Murray Harbour and Heather in nearby Murray River - had little influence on their decision to compete in dory races. Rather, the two simply share the "Why watch same philosophy:

a sport when you can try it yourself?"

"The prizes aren't as important as being taken seriously," says White. "Our competition was just as strong and we put out the same kind of effort as the men.'

The competitions are held each July as part of the Northumberland Fisheries Festival in Murray River and as the dory racing organizers promoted the competition, the number of spectators and participants increased.

In 1985 more women's teams entered the event and a couple of spunky competitors from Nova Scotia gave the Island team a run for their money. However, following advice from the local junior men's champs, Moore and White dug in for one of their best turns, poured it on and easily won the race.

The Island title holders don't know how long they will continue to compete, but they're certain about one goal they've set and that's "to have a women's division in the Lunenburg dory races."

- Jim Brown



Dory rowers White and Moore are ready for mainland competition



Joe Delaney's scarecrows have attracted 20,000 visitors

n the Acadian village of St. Joseph Du Moine, on the Cabot Trail in Cape Breton, they call Joe Delaney "the scarecrow man." In a large open field near the ocean, he's created a display of 67 scarecrows decked out as fishermen, lumberjacks and more. There are a mail carrier, a firefighter, a newlywed couple; there's even a circle of scarecrow children playing Farmer in the Dell.

After his retirement six years ago, Delaney, 72, decided to plant a vegetable garden. "But the neighbours told me, 'Joe, there's no use. With the deer, the seagulls, the crows and the foxes, if you don't put up a scarecrow, there'll be nothin' left.'"

So he put up three scarecrows. "And once people saw that," he recalls, "they started coming in." Surprised, he erected five more, and he's been building scarecrows ever since. During last year's June-to-October tourist season, approximately 20,000 travellers stopped by to see them.

From the start, the scarecrows have attracted attention partly because they wear masks - in honour of a local custom. "Down here we have an old Acadian tradition," Delaney explains.
"During the fifth week of Lent we get a break from all the rules, and we dress up in masks and costumes and go from house to house." The tradition, called La Mi-Careme, has been going on for at least 135 years, he says.

Delaney says people from near and far have donated used clothing for the scarecrows. "One time a girl sent a box of clothes all the way from Orlando, Florida."

- Sue MacLeod

RAY GUY'S COLUMN

Writers' mentor gone berserk

Dear Hortense:

For years I had this pencil problem. I'd sit down to write, grab a pencil, scribble away and hours later discover that there was nothing on the page. I'd been trying to write with the eraser end.

What I do now is, I simply cut all the erasers off my pencils and sharpen both ends. I find this works wonders.

E.B. Faber in Illinois.

Dear E.B.:

Thanks so much for the "tip"...and be sure to save all those severed erasers. They make nifty little ear plugs for insomniac guinea pigs.

On days when you get stuck and "typewriter-fright" threatens, you take great comfort and reassurance from "household hints" in newspapers. Somebody actually gets paid for writing that stuff. If you do no worse than that you may get paid, too.

Sitting here on the extreme edge of the continent, writers must constantly strive to figure out what the great marketplace to the west will bear from day to day. St. John's is not nearly so isolated from civilization as Vancouver, of course, but it sometimes seems from here that Musquodoboit is a mere subway ride from Kansas City.

Writers here on the fringe or beyond it must, by guess and by God, try to gauge a distant marketplace. Hortense is always useful and so are CBC Radio and the

Reader's Digest.

Homey trivia seems to be where the action is, these days. The search for the perfect avocado and all that. It's like sawdust on the butcher shop floor, I guess, useful for sopping up all that gore from the news pages.

Dear Peter:

As I look out my kitchen window I see the pale, luminous (sunshine, fog, sleet, mailman) creeping stealthily down the (Skeena, Mackintosh, Saint John, Don) valley and I hear the (chickadees, ptarmigan, woodlice) chittering in the leafing/leafless (saskatoon, arctic willow, boogerberry) just beyond our back porch and, suddenly, my Canadian-ness becomes almost palpably meaningful and relevant to me.

Don't touch that dial because next comes a "chef" or at least a cookbook author to tell us how to prepare a (chickadee, ptarmigan, woodlouse) using just the right amount of piquant balsamic

vinegar.

CBC Radio has a two-pronged mandate to cater to Toronto's raging oral fixation while at the same time ministering to all those literate housepersons stuck in the boonies and slowly going mad. Thus it is that we may have our chickadee and

Gastronomy (spelled "stuffing your gob" in the Newfoundland dictionary) is mighty large in the writer's mainland market. When you've captured your perfect avocado, there is no end to the things you can do with it. Feeding your face is where it's at in Upper Canada and I've just whipped off a script to Gzowski explaining the manufacture of a party dip for severed pencil erasers.

Hortense and her helpful hints — plus CBC Radio - clue us fringe writers in to trends and fluctuations in the mainstream market. But what in the dickens has happened to the Reader's Digest while

no one was looking?

Ever since time and life began, the Reader's Digest has been the premier mentor and guide to us isolated writers who crouch on the edge of the continent beating off ravenous seagulls with one hand while trying to change typewriter ribbons with the other.

Anything that sells 28 million copies a month must be at least as good a guide to what the market will bear as is the

Revealed Word of God.

The Digest had a tried and true formula. An animal piece, a travel piece, a medicine piece, a godless Chinese commie piece, an "as I look out my kitchen window" piece, a piece about a harmless but memorable neurotic and two or three brand-name divisions of humour.

Lately...I don't know. In one of its two basic departments, Earthly Adventures, the Reader's Digest seems to have gone

stark raving Edgar Allan Poe.

The old vicarious experiences were unforgettable enough for me, thank you very much. Those were the ones where the accident prone narrator twisted an ankle in a gopher hole and was snatched from the jaws of death in the path of a combine harvester by Old Dog Tray.

These days he's got three parts of the bones in his body smashed to splinters, has the total generated output of Grand Coulee Dam coursing through his carcass and there's no salvation in sight except a small vacationing party of Hell's Angels. He lives to tell the tale, naturally, but more than half the saga now takes place during a 72-hour marathon in surgery (see the pretty picture, top left) from which he emerges still able to read the Reader's Digest but only in the LARGE PRINT edition. Is this adventure or is it sadism?

In its other main department, Spiritual Uplift, the *Digest* seems to have veered all hell west and crooked. Or maybe it's

just my age.

It used to be that our subject, all hope flown, is perishing miserably from some unspecified but nonetheless loathsome disease when, suddenly, Old Dog Tray comes trotting up to the deathbed bearing in his slavering jaws the First Primrose of the Season. Sometimes it was Old Dog Tray, other times it was simply the sound, falling upon rapidly-fading earholes, of woodlice chittering in the boogerberry bushes just beyond the back porch.

That was then. That was back in the twisted-ankle days. But now that Digest bodies get wracked up so savagely, the Spiritual Uplift dosage has to be increased to an alarming number of milligrams. It makes the 24th Psalm look like aspirin.

Doubt-ridden Digest souls facing the high jump are now zig-zagged all over the bloody universe and are dumped back in the sack to snuff it in new found peace only after passing through California by way of the Hindu Kush.

It's all unsettling. Practically the only Digest feature that has never changed in style or in content since Year One is the

jokes. Funny about that.

So you see how it is with us nonserious writers (those who do it for money) toiling away beyond the pale with few stars to guide save Hortense, CBC Radio and the recently berserk Reader's Digest.

As I sat looking out the kitchen window munching on broasted ptarmigan thighs that had been marinated in lime juice and rosemary and watching our nine-year-old do humourous things with her school uniform, a 747 Air France jet bound for Boston suddenly went into a

steep dive and.

The next thing I recall was waking up in Johns Hopkins and looking up into the smiling face of Nancy Reagan who had brought me, in a tiny bamboo cage, some chittering sacred Zen woodlice. An unearthly peace suffused me as with trembling hand I signed up with Digest Condensed Books, smiled seraph-like and turned my face to the wall.

"Severed pencil erasers also make nifty ear plugs for pool-loving hamsters,"

Nancy murmured.

